

# MOUNTAIN MUSINGS

2022-23

LORETO CONVENT, SHIMLA





**“Be seekers of truth and doers of justice”**

**-Mary Ward**

Foundress of the Institute of the Blessed Virgin Mary (Loreto)



# PRINCIPAL'S MESSAGE



## TRUST GOD

" For I know the plans I have for you, says the Lord, they are plans for good and not for disaster, to give you a future and a hope."

The crucial element of a journey is having a mission you aim to fulfill that many a times is met with adversity and doubt. In those difficult times of the journey we can be inspired by the word of God to give us strength and direction. Looking back, the year 2022 was a year which started with apprehension and appreciation both. Our faith and trust in the Almighty was the strength which helped us in all endeavors and challenges which were awaiting all after a wide gap of almost two years with the students coming back to offline mode of learning. The Sojourn in the learning and teaching emboldened us in a way as it carved new paths, new directions and renewed energies to handle untoward situations and to fulfill all duties according to Lord's will.

"The heart of man plans his way, but the Lord establishes his steps."  
The focus of this year's journey after the sojourn was mainly to bring back the joy of learning in togetherness and also develop a sense of sharing and compassion among young children, realising that the lockdown period had taken away many precious attributes from our children which are foundational for their natural growth and complete development. Keeping our trust in God leading our journey, we have been able to accomplish much yet a lot more has to be achieved as it is said - - the journey doesn't end.....

May God keep his gracious eye and healing hand on each one as they enter another year of hope , peace and happiness.

With prayers and blessings.



-Sr. Goretti Tirkey



# MESSAGE FROM THE COORDINATORS



As an educationist, I have always wanted that all the students should be successful learners. Therefore, I strive to create a class room atmosphere that is motivating and adaptive to the varied needs of students.

Our mission here in Loreto Shimla is to always put "Children" first. My message to all the parents is to stay involved. I strongly believe in the importance of teachers, parents and administrators collaborating and communicating openly to accomplish our common goal which is to provide children a chance to grow according to their potential in an environment that promotes a sense of belongingness. Our mission is to create ""Good human beings " who will contribute towards Nation Building.

-Veena Chauhan  
(Senior School Coordinator)



**"Education is not the learning of facts, but the training of the mind to think" – Einstein**  
We believe that education should train the young minds to think out of the box and guide them to achieve the desired results. Our motive is to make the learning environment for the children worth enjoying and at the same time to enhance the conceptual approach of the students. Learning is not a process limited to Schools and Colleges only nor does it end with the conclusion of one's School career, it is indeed a lifelong process . The goal of education in Loreto Shimla continues to be all round development of the child, that prepares her to make a place in society and contribute to it in every way possible. Loreto education today follows the goals set by Mary ward - "the incomparable woman" who saw Integrity, Justice, Freedom and Love as the essential qualities of any person.

-Arvind Kaur  
(Middle School Coordinator)



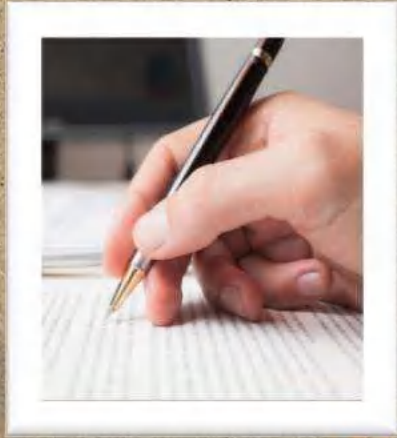
विद्यालय पत्रिका के सृजन से ,  
बच्चों की प्रतिभा को निखारने का होता प्रयास ,  
मेहनत दिखती है शिक्षकों व छात्राओं की ,  
जो पूरे वर्ष करते अथक परिश्रम,  
और बनाते इस पत्रिका को खास।

नमस्कार!

वर्तमान समय में सभी को मिलजुल कर कार्य करने की आवश्यकता है और लोरेटो 'सदा सबको साथ लेकर चलने में विश्वास करता है' मेरा सभी छात्राओं को एक ही संदेश है कि आपका जीवन स्वतंत्र है , आप जो फैसला करें , समझदारी से करें , कोई ऐसा काम न करें कि माँ-बाप व अध्यापकों का विश्वास टूटे । मर्यादा न लाँघें , दूसरों पर आँख बंद कर भरोसा न करें, षड्यंत्र से बचें । संस्कारों को याद रख जग में लोरेटो का परचम लहराएँ ताकि आने वाली पीढ़ियाँ आप पर नाज़ करें और लोरेटो का नाम पूरे देश में, पूरे संसार में ऊँचा रहे।

-Priyanka Sebastian  
(Junior School Coordinator)





Moving on from a sojourn of unexpected twists, the year 2022 has witnessed a period of transformation coalesced with bewilderment and rejuvenation. And this edition of 'Mountain Musings' gives all our readers a peep into the journey of adaptation and fulfilment. Our school magazine is a mirror that reflects the feats and achievements of our students throughout the academic year, in both scholastic as well as co-scholastic areas. Loreto has always believed that a young mind has immense potential which needs to be harnessed in the proper way to get the desired result. Hence the school has provided opportunities to its students to showcase their skill and talent through various intra school and inter school activities and competitions. The students have lived up to the expectations and have excelled in different areas.

Looking back, we could see how much we developed post COVID. We are now prepared to deal with any adversity that comes our way. The beauty of how the students captured the significant movements and reshaped their journey is reflected in this year's "Mountain Musings".

It symbolises transformation, growth and development of our students as they familiarized themselves with the new normal as well as offers a lovely mosaic of endeavours and successes for years to come. Somebody has correctly stated, "the world is moved along by the great shoves of its heroes, but also by the aggregate of the tiny shoves of each honest worker".

" Learning is not the product of teaching. Learning is the product of the activities of learners." Certainly the students at Loreto have shown keen interest in learning from the sojourn experienced and their journey ahead. The magazine stands witness to this journey in 2022.

## EDITORIAL



*-Mrs. Rachna Sharma  
-Mrs. Aarti K. Sood*

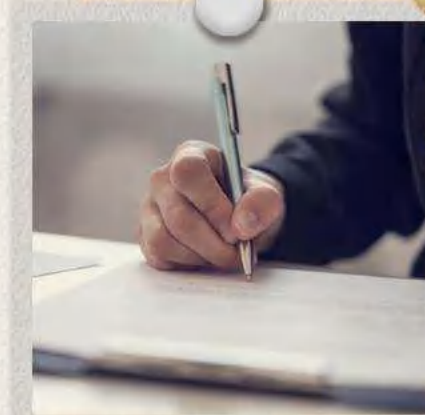


# संपादकीय

मनुष्य के भीतर भावनाएँ हिलोरें लेती हैं। मनुष्य में समुद्र की अथाह गहराइयों व आसमान की अनंत ऊचाइयों को स्पर्श करने का अदम्य साहस व क्षमता होती है। हमारे विद्यालय की बालिकाओं के मन में भी भावनाएँ उमड़ती हैं, विचारों का आलोड़न होता है, जिन्हें वे शब्दों का बाना पहना कर कविता, कहानी, निबंध आदि का रूप देती हैं। लगभग दो वर्षों के अंतराल के बाद सभी की जिंदगी में बदलाव आए हैं। अपने अनुभवों को कागज़ पर उतारने के लिए मैं छात्राओं की आभारी हूँ। उनके यह छोटे-छोटे प्रयत्न अति सराहनीय हैं। भविष्य में भी वे संरचना कार्य में ऐसे ही प्रयासरत रहेंगी। ऐसी कामना है प्रेरणा स्वरूप कुछ पंक्तियाँ प्यारी छात्राओं लिए- बैठ जाओ सपनों की नाव में, मौके की न तलाश करो।

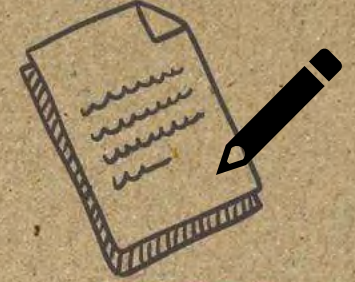
खुद ही थाम लो हाथों में पतवार माँझी का न इंतज़ार करो ॥

खुद ही राह बनाना सीख लो अपने दम पर कुछ करना सीख लो। तेज़ नहीं तो धीरे चलना सीख लो, भय के भ्रम से लड़ना सीख लो॥





# STUDENT EDITORIAL BOARD



**Sneha Gupta**

class 11

"Our team is committed to producing a high-quality publication that captures the spirit and energy of our school. Through the magazine, we want to highlight the many achievements of our students and staff, showcase the diversity of our school, and celebrate the wonderful learning environment which we have here. Enjoy reading!"



**Saisha Khanna**

class 11

"As the saying goes, Coming together is a beginning, keeping together is progress and working together is success. We, as the editorial team, have endeavoured in order to compile 2022's best moments as a Loreto family."



**Navya Pant**

class 11

"I am grateful to be a part of the editorial team and I am glad that we were able to create this magazine which will always remain with you as a memory of this beautiful school year 2022-2023"



**Ritkriti Sharma**

class 9

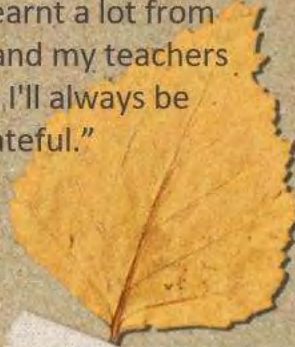
"The greatest glory in living lies not in never falling, but in rising every time we fall. This school year was special and challenging as the students came back after two years of the COVID pandemic. This magazine is a record of sentiments throughout the year; some deal with emotions like happiness or hope while others explore the fantastical and the magical side of creativity."



**Shreysi Sharma**

class 9

"Working in the editorial team for the session 2022-23 was a great experience for me. It was exciting to be a part of the process along the way. I learnt a lot from my seniors and my teachers for which I'll always be grateful."





# STUDENT COUNCIL 2022-23

“ Leadership is the capacity to translate vision into reality”. —Warren Bennis



Aose Anil Chauhan  
HEADGIRL



Agreeema Justa  
VICE HEADGIRL



Vani Malhotra  
SPORTS CAPTAIN



Sanvi Rathore  
VICE SPORTS CAPTAIN



Mannat Maitan  
ASHOK HOUSE CAPTAIN



Shambhavi Sharma  
ASHOK HOUSE VICE CAPTAIN



Cheryl Sharma  
TAGORE HOUSE CAPTAIN



Amiti Verma  
TAGORE HOUSE VICE CAPTAIN



Ridhi Shreshtha  
SHAKESPEARE HOUSE



Tejaswini Singh  
SHAKESPEARE HOUSE VICE CAPTAIN



Sujal Chauhan  
NEHRU HOUSE CAPTAIN



Avantika Dharmani  
NEHRU HOUSE VICE CAPTAIN



Anya Chauhan  
MARYWARD HOUSE CAPTAIN



Jasmine Soni  
MARYWARD HOUSE VICE CAPTAIN



Vamakshi Chauhan  
AMARTYA HOUSE CAPTAIN



Annvee Tegwan  
AMARTYA HOUSE VICE CAPTAIN



# CLASS XII TOPPERS

## MEDICAL STREAM



LAKSHITA THAKUR  
(96.8%)



MEGHEL SHARMA  
(95.2%)



TANVI UTRAJA  
(94.2%)



SHAGUN CHAUHAN  
(94%)



SHELLEY MISHRA  
(93.6%)



SANIA AVASTHI  
(93.4%)

## NON-MEDICAL STREAM



AASTHA BHAIK  
(96.8%)



SHRESHTHA SHARMA  
(94.6%)



CHARVEE SHARMA  
(92.2%)



ANANYA MAHAJAN  
(91.2%)



VANSHIKA ALHUWALIA  
(90.6%)



## COMMERCE STREAM



ANSHIKA VASHISHT  
(89.8%)



TANISHKA SOHAL  
(88.2%)



YASHASVI GUPTA  
(87.2%)



BHUMIKA SHARMA  
(84.8%)



AKASHDEEP KAUR  
(84.4%)



ANANYA NATRAJ  
(84.4%)

## HUMANITIES STREAM



ANUSHKA SHARMA  
(96.4%)



ANMOL CHAUHAN  
(96%)



SALONI CHAUHAN  
(95.2%)



SABHYA KANWAR  
(94.6%)



MRIDUL VERMA  
(93.8%)



VAISHANVI THAKUR  
(93.8%)



# CLASS X TOPPERS



PARIDHI GUPTA  
(98.4%)



VISHUDHA SOOD  
(97.8%)



ANANTYA KASHYAP  
(96.6%)



AAKARSHITA ALOK SOOD  
(96%)



NILANJI JHINGTA  
(95.8%)



AANVI CHAUHAN  
(95.6%)



SOMYA BANSAL  
(95.2%)



JANNAT THAKUR  
(95%)





# JPIC CORNER



•The mission of JPIC is that of "Keeping the eyes open, heart sensitive and hands prepared for work of charity which is called upon to realize in the world"

A very common saying says "Practice what you preach", which stands universally true. One cannot teach values or ethics without employing them in one's own life.

Through JPIC I got to see a different version of myself. It made me a responsible being of this delicate Earth, taught me to value it and it's creation and be empathetic towards all. It also helped me to gain confidence by transforming me into a brave colleen. I feel so delighted to be a part of such a significant group which inspires you to be responsible to our common home, Earth. I promise to always hold onto the values and responsibilities it has drilled inside me throughout the voyage of my life.

•As cited by Pope Francis,  
"Let us be protectors of creation,  
Protectors of God's plan inscribed in nature  
Protectors of one another and the environment."

With keeping this thought in mind and in the abundance of God's blessings, I urge each one not to embrace vanity but let their actions speak silently serving humanity.

-JPIC PRESIDENT  
SOMYA BANSAL





# JPIC ACTIVITIES 2022-23

BLOOD DONATION CAMP



FUNCTION FOR NGO CHILDREN



NUKKAD NAATAK ON WORLD ENVIRONMENT DAY





# ENGLISH ARTICLES





## UNTIL NEXT TIME

It has not even been a year since we bid our seniors goodbye and yesterday we ourselves said the final goodbye to this place , this place which we now call our home. This is a message for our friends and school .

I'm leaving and I don't know when I'll be back again . I hate to go , there are so many times I've let you down , so many times I've played around and I tell you now , they don't mean a thing. Every place I'll go I'll think of you , every song I sing , I'll sing for you . All my bags are packed , I'm ready to go . I'm standing here outside your door for the very last time , I hate to say goodbye but dawn is breaking its early morning and the taxi to the next chapter of my life is waiting . I will remember you , will you remember me? Don't let your life pass you by , weep not for the memories just remember the good times we had. We're standing at the edge of something much too deep , it's funny how we feel so much but we cannot say a word , we are screaming inside but we can't be heard . This place gave me everything it had , oh it gave me life . There's no need for anger , there's no need for blame , there's nothing to prove everything's still the same here , just a table standing empty . The edge of the sea means farewell , my friends .

Oh we never know where life will take us , I know its just a ride on the wheel and we never know when death will shake us and we wonder how it will feel . So goodbye my friend , I know I'll see you again but the time together through all the years will take away these tears and it will all be okay now . Another turning point , another fork struck in the road . Time grabs you by the wrist and it directs you where to go so make the best of this test and don't ask why it's not a question but a lesson learned in time . It's something unpredictable but in the end , it's always right . I hope you had the time of your life . So take photographs and still frames in your mind , hang it on the shelf in a good health and good time . There will be tattoos of memories and for its worth , it was worth all the while . Just yesterday morning I realised that we will be gone , I've seen fire and I've seen rain as well, I've seen sunny days that I thought would never end , I've seen lonely times when I could not find a friend but I always thought I'd see you again.

One more day , one more time , one more sunset , maybe I'd be satisfied but then again I know what it would do , it will leave me wishing still for one more day with you , with this place , with our home. We will remember days of skipping school , we will remember the promises of together forever , my old friends and me hoping it would never end , hoping to never say goodbye . Sorry for the nights when I made the wrong choices , life is flying by and its hitting me now and I hope it's not but if it is the last time please come close , I love you with all my heart you know , I don't want to cry , I'm bad at goodbyes but if it's the last time then lets do the things we always do. If words could make wishes come true I'd save every day like a treasure and then again I would spend them with you . But there never seems to be enough time to do things you want to do once you find them. Some trails are happy ones while others are blue and it's the way you ride that trail that counts . I wish happy trails to you until we meet again . We never really appreciate anything in the moment but you only need the light when it's burning low and you only miss the sun when it starts to snow .It just started with something small and what's small turned into a friendship, a friendship turned into a bond and that bond will never be broken and the love will never get lost and IN THE END it just drove all of us crazy right that ,  
" JUST HOW FAST THE NIGHT CHANGES "

-Mannat Maitan  
12th Non Medical



## THE JOURNEY THEREAFTER

About two and a half years ago, Prime Minister Narendra Modi called for a 'Janata curfew'. The country ground to a standstill, and all activities except essential services were stopped. The same evening the PM had called for 5 minutes of clapping and beating of thalis across the world to support health workers, police forces and people involved in essential services. This was to prepare people for what was to come.

Lockdown was further extended. Staying indoors the entire day was really tough for everyone. Thus, people began a journey of self-discovery. Bookworms found their old forgotten books out of the dusty shelves, while foodies shared recipes in the groups, music lovers cleaned and tuned their old instruments and many fitness freaks started with yoga. It was a cherishing time period for grandparents and their grandchildren even. It was a pandemic as well as a period of introspection.

-Sneha Kanwar  
Class 11 Humanities





"Gallant Vicenarian"

"I will die, but  
I will never run away"

Honouring a person comes from your veins rather from your core and that's how I honour the Indian purser who died while saving the passengers on the PanAm flight 73 after a sudden hijack, Neerja Bhanot. She was shot during the hijack by terrorist organisation during a halt in Karachi, Pakistan.

When one hears the word "hero", we think of a strong man with a muscular build, a mysterious persona and a magical superpower, donning a tight body suit etc. Even though Neerja Bhanot does not fit the general description of the traditional image of what a hero should look like, she was the hero who refused to comply with domestic abuse and saved the lives of 359 innocent people.

"Laado" as lovingly called by her family, was brave enough to face the terrorists at a very young age of 23. She trusted the process and floated ahead in the stream of her life. On the brighter side, Neerja always rejected violence and chose separation from her spouse. With her family standing by her side. They refused to send their daughter to the "Horror House" and ensured Neerja blazed a trail in 1980s-A Trail of saying No to Abuse.

For the Gen-Z, Neerja rises up as a true inspiration because she was not only courageous but pure and soft as a blooming lotus, as her name signifies. This charming woman became a legend due to to her compassion and kindness. According to her mother, she was sensitive enough as well. As during the hijack, people could actually see the 23 years old with tearful eyes, but she fought back even more bravely with her fears as well as tears.

Neerja was dutiful as confessed by her brother, Mr. Aneesh. For the very long 17 hours, during the hijack, she tried calming down the passengers and when the assiliants started firing, she threw open the emergency doors. Neerja Bhanot was the lady with divine arms and was a portrait of confidence and priceless leadership. The very little life journey of Bhanot gave her titles like "The Heroine of the Hijacking" etc.

Neerja's story might be very short, but she always inspired us to stand bold against any injustice and treat everyone equally as seen in her case where she hid the passports of the innocent American citizens. She motivates us to live the life to the fullest, as rightly said by her mom, Ms. Rama Bhanot, her 'smile of courage' encouraged many, not only in the Hijacking phase but even in her daily life. She actually inspires us to stay vigilant about our surroundings and then take the correct decisions at the correct time.

As said by her father, "Neerja was very sensitive, deeply affectionate and an extremely decent person who believed in sharing with her people all joys but not the jolts. She had well defined principles and there was little room for compromise in that area." She always inspires us to be a perfect mix of personality who stays bold when required and affectionate when needed.

-Sucheta Chauhan  
Class 10 Lily





Gallantry award is given to Indian armed forces, officers and civilians to honour them for their constant bravery and sacrifice. The armed personnells work selflessly for the good of our nation. The highest gallantry award Paramvir chakra and Mahavir chakra were introduced by the government of India after independence. Vir chakra, ashoka chakra, kirti chakra and shaurya chakra were added to the list of gallantry awards later on. The soldiers who have shown extraordinary valour in most trying situations are honoured by the gallantary awards. Their feats have always inspired the youngsters and have been a source of motivation for me.

**Gallantary award winner Vikram Batra as my role model:**

Every year the brave soldiers who sacrificed their life for the sake of our country are honoured with gallantary awards. Whenever we talk about the brave hearts of soldiers who won ParamVir chakra, Captain VikramBatra is the one who inspires me a lot. He lost his life while he was fighting fearlessly in the Kargil war for protecting the nation. He brought victory in the Kargil war with his courage and leadership skills. He is the Paramvir chakra awardee of the year 1999. His indomitable spirit, fearlessness, dignity and sacrifice have inspired me a lot. His helpful nature to support others in difficult times has taught me to be kind. His positive view to life and calmness has encouraged me to join the Indian Army. He has showed us the valid and powerful reasons of leading an honourable life as a soldier in. We all have some aim in life which we want to achieve one day with hard work and dedication. After following the life journey and positive attitude of my role model Vikram Batra my aspiration is to become a great soldier and serve my nation. As I have always wanted to do something for my motherland and people, it will be a great role to protect my nation from the enemies. It will instil satisfaction in my life when I would be able to do something for my country and give a fruitful future to its people. I have clearly understood that I will be responsible to stand like a protective wall near the borders of my country. The disciplined and well organised lifestyle of soldiers hase inspired me so much that I will follow these values in my daily routine. I have understood that as a soldier I need to be focused in my duty in any circumstances. I would like to say that I have always immense honour for all the many other army soldiers like Vikram batra who have chosen to be the true sons of their motherland. Vikram Batra rightly said, "If you are a soldier, you live by chance, love by choice, and fight by profession" All these reasons are enough to make me feel proud for choosing the armed forces as a great career option.

-Amiti Verma  
10 Lily





## APOTHEOSIS OF BEAUTY

SAW A TREE SO BROKEN AND OLD ,  
IN THIS MONTH OF NOVEMBER WIIL IT FEEL COLD?  
ONCE IT WAS A TREE WITH LEAVES ALL ARDUND  
SHOWING OFF ITS BEAUTY STANDING FIRMLY ON THAT MUDY GROUND

WITH FLOWERS ALL OVER IT WAS SO ALIVE,  
HONEY BEES SITTING ON THE TREE, IN THEIR HIVES  
BUT NOW SO DRY IT LOOKS UGLY,  
OH!! ARE WE GOING WITH THOSE BEAUTY STANDARDS, PROBABLY

JUST LIKE THIS, THE TREE WHICH IS NOW BEING CALLED DEAD & DRY  
IS IT REALLY, OR OUR PREJUDICE IS JUST TOO HIGH  
FOR NOW IT'S A MERE TREE THAT'S BEING  
JUDGED  
BUT BY A PARASITE THAT'S SO NOXIOUS WE ALL ARE DRUGGED

THE PARASITE OF CONCEIT THAT HAS MADE HOME IN OUR BRAIN  
ENTERED THROUGH CRACKS OF EGOTISM AND MAKING US INSANE  
A PARASITE THAT IS SO PERNICIOUS AND REPROBATE  
ONE THAT MAKES US CAPABLE OF EMITTING SO MUCH HATE

STARTING THE CONVERSATION BY NOT LIKING SOMEONE'S WALK,  
ENDING IT WITH HOW ATROCIOUS IS THEIR MIEN,  
ThiS IS THE WAY WE TALK.

JUDGING EVERYONE FROM OLD TO YOUNG  
MAYBE IT'S US WITH OURSELVES, SO 'HIGHLY - STRUNG'  
IGNORANCE IS SWIFT TO SPEAK AND SAY WHAT'S ON OUR MIND  
WE ARENT AWARE ABOUT OTHERS STORIES SO LET'S ALL BE A LITTLE KIND.

-YOTISHA KALSAIK  
11TH COMMERCE





## **"AN ALTRUISTIC TO A POLLYANA"**

**We pass the hardest times by accepting and having faith in what will be. Similarly, in the season of fall we view the leaves falling, seeming to fall in love with the ground, we noticed the rivers and oceans coming together as if promising friendship to each other and the birds flying high feeling grateful for their flight. Nature becomes our teacher in its best way. Well, we would all agree on the fact that even after being locked in our houses, we all were able to view these phenomenons easily by scrolling through the sites and plugging in our headphones (just for better experience). We viewed the hardest yet the most serene hours in the long phase of the "Gobal Pandemic."**

**As humans we view ourselves moving ahead by actually focusing on others' point of view, remarks and happiness but as we surfed in through the deep oceanic waves of this Pandemic, we actually realised the actual worth of ourselves, we noticed ourselves as great humans, warriors and learners, struggling to plan their year/day aesthetically.**

**While on the larger side, we could view the skies getting bluer, fewer cars crashing, crimes falling and many other diseases fading away from hospitals. But on the other side we could actually see ourselves grow. The imagination was never limited to the four walls rather they soared high towards the incessant blues. This time actually allowed us to build genuine relationships, especially those which had been lost due to our busy schedules. Further it allowed us to stay connected and take a step ahead towards modernising our ways of communication and giving us the very new concept of "Work from home"**

**"We all are worth and loved!" As though, we accepted the isolation with a heavy heart but during this phase we actually realised the vitality of spending a little amount of time with oneself, which was actually unknown to us earlier. In these glooming times, when only our diaries could be our friends, we actually grasped the importance of a normal sheet of paper accompanied by a pen as well as they were the ones actually understanding you and me through this phase.**

**While on one hand you noticed the twinkling stars and the shining bright moon, experiencing the sleepless nights due to anxiety, on the other hand you desired to be a better human each day. Further, you sat back, ludic, realising the serenity all around.**

**Remember, all through this phase you forgot about others entirely, and for sometime just focused on your own self. You came out as an autophile, nyctophile and ofcourse a melophile. To be very honest, at times this feeling isn't called egomania but self care, and solitude made us believe in the same. You could actually leave the thoughts about others and focus on yourself, move ahead and make little moments memorable and ofcourse understand your importance, your worth and walk on the radiating path of happiness for your own self.**

**And this is how you and me left thinking about others happiness rather focused on ours and turned into a pollyana from an altruistic.**

**Always Remember:**

**"Al mal tiempo, Bueno Cara-"**

**-When the going gets rough, the tough gets going.**

**-By Sucheta Chauhan  
Class 10 Lily**





## OPTIMISTIC NIHILISM

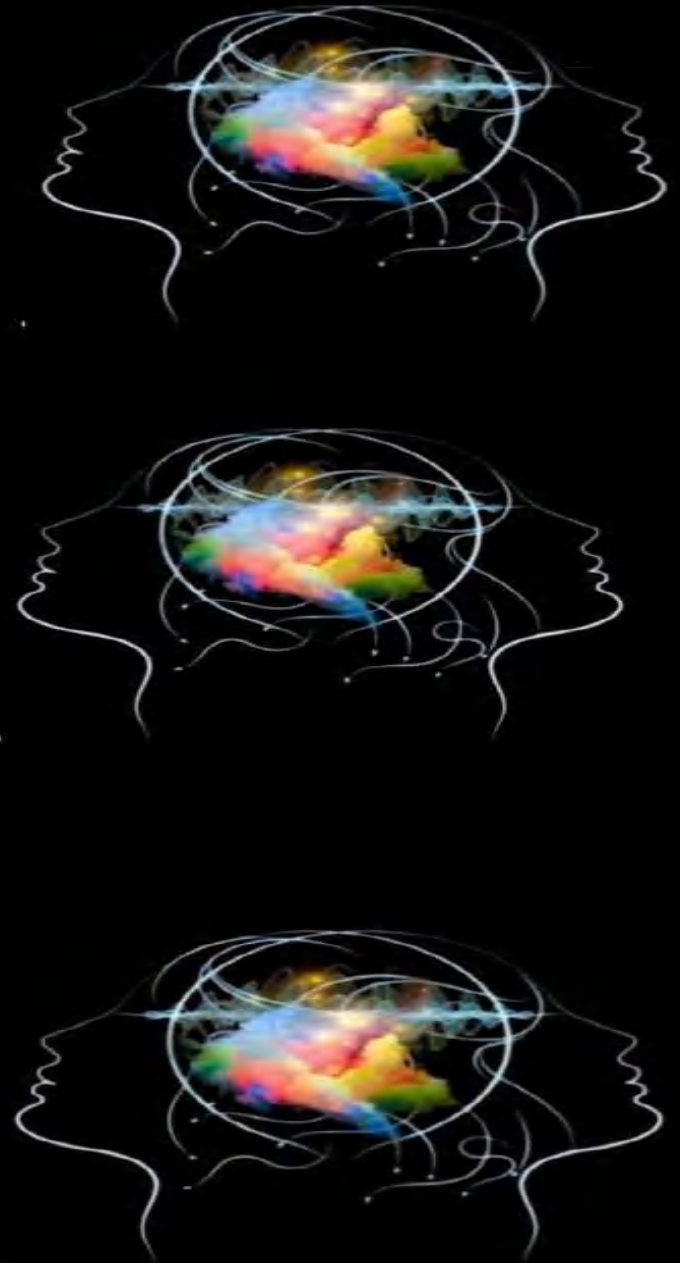
Human existence is scary and confusing. A few 100 thousand years ago we became conscious and found ourselves in a strange place, filled with other beings. We could eat some and some could eat us. There was water we could drink and things we could use to make more things. The daytime sky had a tiny yellow ball that warmed our skin and the night sky which was filled with beautiful lights. This place was obviously made for us and something was watching over us. This was our home which made everything less scary and confusing. However, the more time we spent in this world, the more we learned about it and ourselves.

We learned that the twinkling lights are not shining for us, they just are. We learned that the universe doesn't revolve around us and it is much older than we think. We learned that we are made of many little dead things, which make up bigger things that are not dead for some reason we could not comprehend. We are just another temporary stage in a history going back over a billion years. We learned that we live on a moist speck of dust moving around a medium-sized star in a quiet region of one arm of an average galaxy, which is a part of a galaxy group that we will never leave and this group is only one of the thousands that make up a galaxy super cluster. But even our super cluster is only in thousands that make up what we call the 'observable universe'. The universe might be a million times bigger, but we will never know. The extent of this universe was beyond our brains' comprehension but size is not the only concern, it is the time we have. Once you die, your biological processes will break down and your dynamic pattern will stop being dynamic. It will continue until there is no you left.

However some believe that there is a part of us that we can not see or measure but we have no way to find out, so this life might be it and we might end up dead forever. However this is less scary than it sounds. If you don't remember the 13.75 billion years that went by before you existed, the trillions of years that come after will pass in no time once you are gone. And as far as we know, in the end, the universe itself will die and nothing will change again. This information wouldn't help if we want to find the motive of living hence there is an unscientific, a subjective point of view. We counter existential dread with Optimistic Nihilism.

To summarize this concept, we became self-aware only to realize this story is not about us. You only get one shot in life, which is scary but it also sets you free. If the universe ends in heat death, every humiliation that you suffer in your life will be forgotten. Every mistake you made will not matter in the end. If our life is all we get to experience, then it's the only thing that matters. If the universe has no principles, the only principles relevant are the ones we decide on. If the universe has no purpose, we dictate what its purpose is. Humans will most certainly cease to exist at some point but before we do, we get to explore ourselves and the world around us. We get to explore feelings. We get to experience food, books, sunrises and being with each other. The fact that we are able to think about these things is already incredible. It is easy to think of ourselves as different from everything, but this is not true. We are as much the universe as a neutral star or a black hole or a nebula. We are its thinking and feeling part, the central organs of the universe. We are truly free in a universe-sized playground so we might as well aim to be happy and to build a utopia in the stars. It is not as if we have found out everything there is to know. We don't know why the rules of universe are as they are, how life came into existence or what life is. We have no idea what consciousness is or if we are alone in the universe. But we can try to find some answers. There are billions of stars to visit, diseases to cure, people to help, feelings to be experienced and books to be read. There is so much to be done. If our life is one shot at life, there is no reason not to have fun and live as happy as possible. Do the things that make you feel good. You get to decide what the life means to you.

-Saarvi Sharma  
XII Non Medical





## A BEAUTIFUL MIND IS BETTER THAN A FAIR COMPLEXION

If you opened the newspaper and looked at the matrimonial column, you must have observed that no one forgets to mention a "Fair Complexion". All people want a "Tall, Fair" daughter-in-law. Therefore it won't be wrong to say that beauty standards are fixed in a society.

However, limiting our understanding of beauty by conforming to these standards hinders our growth. Due to this, people who do not have a very fair complexion may start to feel like outsiders. This creates negativity and feelings of sadness, frustration, low self-esteem and may lead to inferiority complex. In other words, giving preference to a fair complexion is a form of body shaming. It pushes people to hate their bodies and question their worth. Ultimately, it is the perfect recipe to living a dissatisfactory life.

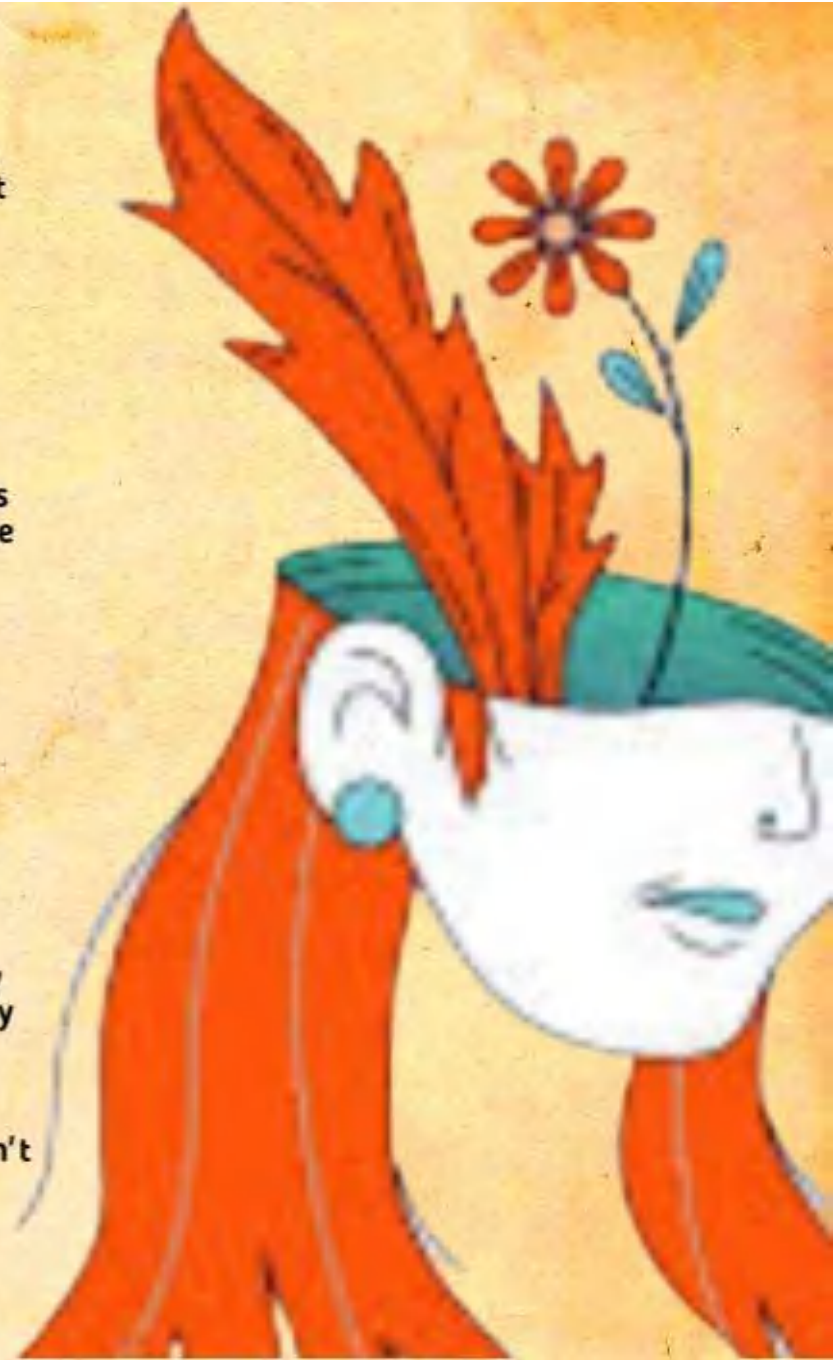
Our self-confidence is the main factor which helps us to unleash our potential and achieve success. It helps us to stay positive and do things to the best of our abilities. However, when we are overcome with a sense of low self-esteem, we are unable to focus on our growth and well-being.

Nowadays, beauty products that offer fair skin such as "Fair and Lovely", "White tone" and "Ponds White Beauty" are shamelessly marketed. This shows that despite the "progress" and "development" we flaunt, we have not been able to change our mindset. We still associate beauty with fair complexion, not realizing that inner beauty is what deserves to be valued and appreciated

"Beauty is only skin deep. I think what's really important is finding a balance of mind, body and spirit" by Jennifer Lopez, who is one of the best American actresses, but she realizes the importance of inner beauty and knows how to carry her complexion gracefully

Thus, it is important to understand that one's skin color does not define his or her beauty. It is one's beliefs, actions and values that define his or her personality and respects in the society. Therefore, it won't be wrong to say that a beautiful mind is better than a fair complexion.

-Snigdha Puri





## TEACHERS

Teachers are like candles that burn and give us light, making our lives wonderful, beautiful and bright. Teachers are the hugest blessing for us on our planet. They teach us good things, give us many values, forgive us for our innumerable mistakes and take care. I cannot imagine the world without teachers. We have two types of teachers ~ strict as well as polite. As usual, all the students like the polite teachers because of their soft voice and good behavior with the student. But a strict teacher is the teacher who wants his student to touch the pinnacle of success in his life. We should never disrespect our teachers, should always take their blessings because those blessings will stay by our side in our future journey of life. would always say, "East or West teachers are the best."

~ Kavya Kukreja

8 lily





## THE SILLY FIGHT

I fought with my sister,  
It started when she told me about a tongue twister.  
I tried and tried but couldn't say it,  
She laughed aloud and called me stupid.

That was enough to get me off the track,  
I knew there was no going back.  
My anger got into my head,  
I blurted out things I shouldn't have said.

We fought and fought till afternoon came,  
Our tense situation remained the same.  
Tired after fighting so much,  
I asked, "What was our reason to quarrel as such?"

To both of us realization hit,  
In our minds, we wanted to quit.  
But none of us could come forward and admit,  
That we shouldn't have fought, the reason was stupid.

Then mum came in with a raggeder kite,  
And called us so we could mend it right.  
So, off we went to fix our kite,  
And forgot about our silly fight.

- Rashika Bhardwaj  
- Class 6 Lily





## A BLESSING IN DISGUISE

There came a time which was never dreamt of by anyone and it sojourned the life of mankind. There was an outbreak of an epidemic named Corona on Earth.

People were forced to confine themselves in their homes and there was an atmosphere of fear all over. It hit the human race badly, many lost their near and dear ones and many went into depression. Life suddenly came to a halt. Days felt like months and months felt like years. But slowly and gradually all of us found a solution to our problems. Since corona hampered the education of children and work of people so 'online education' and 'work from home' came into the picture. Corona proved itself to be a blessing in disguise. For me it proved to be very useful as it helped me to enhance my skills and develop new interests.

My very first interest developed in painting. The vibrant colours of my paintings filled my insipid life with alacrity. It was a great thing to make me happy as well as to relax me. I also did baking and baked a lot of chocolate and banana cakes and devoured them. Another good habit that I developed was that of yoga and meditation. In the beginning I found it a little tough to do yoga and meditation, but later I realised that yoga and meditation did not only help me to stay fit but it also helped me to purify my mind and soul. It made me optimistic and reduced my anxiety and anger. It made me more joyful.

It helped me to give time to myself. Meditation made me more vigorous. Lastly I developed a wonderful habit of reading. To utilise my time in doing something productive I started reading books which turned out to be pretty rewarding. My vocabulary increased as well as my reading, writing and speaking skills. One of the major things that corona did good to me was bringing me close to my family. My family and me, bonded a lot during that time, otherwise all of us were engaged in doing our own work, but at that time we all often came together and played and chatted a lot. My mother also cooked many new dishes which were palatable.

Finally the world heaved a sigh of relief when vaccines arrived. Corona taught me that life is not a cake-walk, there are many obstacles that one faces in life, but moving on and never giving up should be our approach towards difficult times. Life is a long run and we have to face many hurdles but succumbing to those hurdles is no option, we have to fight and take it in a positive way.

-Shreya  
8 Rose





## GLOBAL WARMING

Global warming or climate change has today become a major threat to the mankind. The earth's temperature is on the rise and there are various reasons for it such as greenhouse gases emanating from carbon dioxide emissions, burning of fossil fuel or deforestation. The rise in the levels of carbon dioxide leads to substantial increase in temperature. It is because carbon dioxide remains concentrated in the atmosphere for even hundreds of years.

Recent years have been unusually warm, causing worldwide concern. But the fact is that carbon dioxide increase began in the 1800, due to deforestation of a large chunk of north-eastern America, besides the forested parts of the world. Things became worse with emission of carbon dioxide in the wake of industrial revolution, leading to increase in carbon dioxide levels by 1900.

According to the inter-government panel on climate change (IPCC), global temperature is likely to rise by about 1-3.5 degrees Celsius by the year 2100. It has also suggested that this climate might warm as much as 10 degrees Fahrenheit over the next hundred years.

As per Kyoto Protocol, developing countries are required to cut back their emissions. There is a need to reduce coal-fired electricity, increase energy efficiency through wind and solar power and also high efficiency natural gas generation.

~ Rinchen Karpa

9 lily





## **Life Without Modern Gadgets**

**Technology has become a very important part of our lives nowadays. In the past few years, technology has evolved in many ways and without a doubt is even better than before. People are always developing something new that will improve human lives dramatically. Some of the creations that have changed our lives for good are the computer, telephone, mobile phone, tablet, internet, electronic and voice mail, etc. What used to be bulky, expensive and at times, unreliable machines, gadgets now are faster, smaller and so affordable that every family member owns number of them. Needless to say, modern day gadgets have become more of a necessity than a luxury.**

**These days, it may seem, people have enslaved themselves to the modern day gadgets. This is why it is hard to imagine a life without them. They help people socialise and stay in touch with the world.**

**Modern day gadgets even make shopping an efficient and convenient experience and send messages and mails quicker than the postal service. Friends and relatives living in different parts of the world seem to be a lot closer, all thanks to modern gadgets, such as web cam, etc.**

**Therefore, it is suffice to say that life without modern gadgets would slow down and become less efficient.**

**Arpita Sharma  
Class 12 Non-Medical**





## THE SOJOURN AND THE JOURNEY THEREAFTER

• Life was going on quite smoothly  
Until, a virus came and made us wait so  
profusely.  
Sitting at homes was fun at first  
But later we realized that it was the  
worst.

Never did we commit a crime  
But still felt like prisoners,  
The four walls looked like a jail  
And we were still the beginners.  
Adapting the new normal was not that  
easy,  
And trying new stuff also at times made  
us uneasy.  
But we still continued to go on, Till two  
years!!  
Yeah, it did take so long.

At present the sojourn is finally over  
And the journey thereafter has begun,  
Now we just hope for the best  
For ourselves and the rest.

By:- Ashuika Jhingta  
8th Rose

## THE SOJOURN AND THE JOURNEY THEREAFTER

The sojourn was something  
that made me discover myself.  
The ups and downs never halt  
The journey of life never stops  
The complications never adjourn  
It's only how we tackle them  
That sunset in the evening  
The birds chirping, the winds saying  
something,  
The sojourn isn't the end of your life  
But a new beginning for you to make  
It's nothing but a test for you  
Even god knows  
That you'll overcome through  
Just after a long pause  
The journey begins  
There is a bright sunshine with leaves  
moving  
Wind touching your skin and nature  
telling you  
That this stay was to discover your  
humanity  
Your inner spirituality, your actual reality  
This was The sojourn and the journey  
thereafter.

Written by - Saanvi Sharma  
class 8 Lily

## THE SOJOURN AND THE JOURNEY THEREAFTER

The covid-19 pandemic, a game changer for the  
whole world, came in as a mild sickness, and  
resulted into a life changing virus, which took away  
millions and billions of people each year.  
Today, it would be quite difficult to imagine an  
individual who is not aware of the outbreak of such  
a dreadful virus.

My journey throughout this pandemic truly brought a  
change in my daily lifestyle. It proved to be hopeless  
for everyone, just to eat, do work, eat, sleep and  
repeat.

Though most of the people visualise it as a negative  
aspect of our lives, some people consider its positive  
side and the crucial and significant role it has played  
in our lives.

It helped the people, especially students to maintain  
their health more regularly, for the reason that the  
online classes lasted only for a short period of time.  
It also enabled innumerable people to explore their  
creative side. Housewives turned into quality cooks,  
children and adults because professional painters,  
dancers and musicians, and of course, some became  
responsible citizens.

But as you know, each and everything in this  
universe has its own positive as well as negative  
side, likewise corona virus also brought along with  
it, a large number of negative aspect, like a vast  
number of patients, painful eyes of students and  
teachers working online and a lot of stress over  
everyone.

Be it anybody, celebrities or leaders of countries,  
common people or billionaires, everybody wanted to  
get rid of this pandemic, and lockdown.

So in the end, I would like to say that the saying,  
"The sojourn and the Journey thereafter" reminds us  
of the fact that nothing in this world lasts forever  
and everything done by God is done for the benefit  
of us.

Aishani Verma  
VII- Tulip



# **Sojourn And the Journey Thereafter**

**During these Dussehra holidays, I went to my Mamu's house. There was one person in particular I missed the most. That was none other than my Nanu. This was my first sojourn with my little sister to my Mamu's house. There, I played with my little brother.**

**And because there were so many enjoyable activities to partake in,**

**such as going to the fields, playing games, etc., this was by far my**

**favourite trip.**

**When it was time to return home, I did not feel inclined to do so.**

**It was a great deal of fun. And this was the nicest trip I've ever taken.**

**NAME: Ruhin Chauhan  
CLASS: 3 Tulip**

**During my monsoon break I travelled to my village and on the way, we halted at one health center near Deorighat. It had trekking facilities through dense, lush green forests. We explored the forest and saw many animals like cow, sheep, goat, dog, horse, bull, yak, mule & cat. We had a view of a beautiful upper Himalayan range which appeared much more majestic than the picture. We also drank pure water from a snow-fed natural brook**

**There is a herbal garden nearby that has some expensive and rare medicinal herbs. My dad bought some to plant in our village. There was a telescope also with which we viewed the scenic beauty**

**There were tree houses for people to stay. I played with my sister in one of them.**

**I felt revived by my sojourn in nature after spending a lot of time in Shimla. We continued on to my village, where my dogs, Jenny & Teddy, gave me a warm greeting Deorighat was the place where I fell in love with nature, and will always treasure those memories.**

**Name: Divyanshi  
Class 3 Tulip**



The Night I Cried  
By Vamakshi Chauhan  
12th Non Medical

I remember the night I cried in front of my mother feeling empty about the things she didn't tell me . I might've always been a mature child maybe that is why I didn't ask for help , or maybe I was too used to being alone . There are memories of an 8 year old who started to talk to herself . Talk about the way she felt alone in her grandparents' house while her cousins parents were with them . Telling herself that she shouldn't complain about things as her parents weren't there to listen to them . Telling herself about the time when she had to be the older sister as expected of her . Counting the days till her parents return to take her back home .

They say let your children be they'll learn as they grow up . But maybe don't. Now that I've grown up a little it's difficult for me to ask for help . Conscious about the time my mother has for me . I wouldn't keep her from doing her work . I wouldn't disturb her by telling her about what all I did at school . How my friend and I got scolded for falling down the stairs . How I used to shake and sweat whenever anxiety took away my confidence . How I always lied about my red swollen eyes . How once again I couldn't say ' don't go' when they left us at our grandparents house .

I'm still avoiding the songs which remind me of the time when my mother was sick . Unaware of it as a child yet I hoped she would spend the holidays with us . Waiting for hours watching the same cartoon . Learning to sleep alone . Realising that I had to grow up . Pretending to be happy on call . I am still scared to think of the moment I woke up on the hospital bed beside you , the day I got to sleep with you after months .

Thank you for being there for me even if you were busy . I've grown up to be mature and strong ever since and I know you are proud of it . But mom somewhere I am still too weak to let you know about all this , things I never had the courage to tell you about . The time I'll stop talking to myself , when I wouldn't have the strength to hold it all inside , when I can't sleep upon these feelings anymore . I'll tell you just like the night I cried in front of you feeling empty about the things you didn't tell me .





## THE SECRET OF HUMANKIND

Why did we lose our minds?  
And ignored the bizarre sights.  
Fought the merciless wars,  
And locked up sympathy in drawers.

We took away people's rights,  
For the sake of old grudges and fights.  
In places there was flood,  
Of innocent people's blood.

Why did we humans do this?  
How did we not notice?  
The damage we had caused,  
The boundaries we had crossed.

The truth needs to be heard,  
From the cage, I must free the bird.  
Whether the thoughts are good or bad,  
Someone is happy or sad.

Whether in thoughts one is sinking deep,  
What secrets does a person keep?  
It doesn't matter if a person is mature or young,  
It's not always the truth that's on the tongue.

What thoughts wander deep inside,  
Are nearly impossible to find.  
Have you ever looked through a person's brain?  
Could you guess if they were mad or sane?

Unless you've witnessed it with your own eyes,  
Some truths you know could just be lies.  
For no one has been inside a person's mind,  
And that is the secret of humankind.

-Rashika Bhardwaj  
Class 6 Lily





**“WHAT DID I LEARN?”**

**FOR ATTRACTIVE LIPS, SPEAK WORDS OF  
KINDNESS  
FOR LOVELY EYES, SEEK OUT THE GOOD  
IN PEOPLE  
FOR POISE, WALK WITH THE  
KNOWLEDGE THAT YOU'LL NEVER WALK  
ALONE**

**REMEMBER, IF YOU EVER NEED A  
HELPING HAND  
YOU WILL FIND ONE AT THE END OF  
EACH OF YOUR ARM  
AS YOU GROW OLDER  
YOU WILL DISCOVER THAT  
YOU HAVE TWO HANDS  
ONE FOR YOURSELF AND  
OTHER FOR HELPING OTHERS**

**-Jasmine  
X- Lily**





## THE THEN PATRIARCHY NOW FEMINAZI? ( A QUESTION TO ALL)

-Aose Anil Chauhan

The Hindu Succession Act of 1956, the Hindu adoption and Maintenance Act of 1956, Section 498A of the Indian Penal Code, Section 304B of the Indian Penal Code, the above list is of Indian laws which as most will say are definitely just and fair especially for its male section of the society, but are they? The above laws respectively state – that the father of a deceased will not inherit his property but the mother will; a boy is entitled to maintenance by parents only till he turn 18, whereas a girl is entitled to maintenance till she gets married; if a woman is treated with physical or mental cruelty by her husband or his family, she can throw them behind the bars without the need to give any evidence whatsoever and lastly a man is to serve up to 3 years jail or a fine for sexual harassment but for women none such law exists.

now can these laws be considered just and equitable? Or they just too in favour of women? All these laws are perfect evidences of unfairness towards men, which yes, of course exists, but the society is not ready to accept males as something more or less than a perpetrator. And this is not just an isolated opinion but a growing consensus and it appears as if there is a war on men.

'Inequality, discrimination, sexist etc' whenever such words come up, the first thing that comes to mind is 'against women'. If injustice is being done, there is a preconceived notion that injustice is being done to the females and is being done by the males. And that is the problem, when are we going to consider inequality and discrimination against men. For sure it is not only exclusive to women, but men face it too. From the smallest thing like reservation of seats in buses, free entries to certain places and imposition of the phrase, 'men don't cry, men are brave' to the large things like the law of the country, men nowadays are being suppressed and pushed back. And for many women this is an opportunity, an opportunity to exploit men in the name of rights. Take the example of Hitesha Chandranee who falsely accused a Zomato delivery-boy of assaulting and hitting her. Her false accusation nearly destroyed the boy's life. Is this what it has come to? Are we really going for the, an eye for an eye, a tooth for a tooth ideology- the then patriarchy changing to now feminazi? The so many struggles and fights for women equality, are they now going to turn into a fight for male rights?

but then why do we not raise our voices for men just as we raise for our women? Yes, women are many times disadvantaged but that does not disqualify men for protection in their times of need and therefore should be entitled to the same amount of protection as women do. Still why isn't the law helping them? The simple answer is because the society is not ready to accept that males can be and are the victims of discrimination. Even with the Global Study claiming that males receive the raw end of the deal with harsher punishments for the same crime, compulsory military service and more deaths at work, the society still turns a blind eye towards it. The society still empathizes the notion of men having it all together and thus men are forced to bottle up their feelings and not share their problems and as a result are more prone to heart attacks as compared to women, and thus we do not see any candle march for the rape male victims.

why is the feminism approach turning into a feminazi one? why is the meaning of feminism being understood? Why is the Indian society so blinded by its social beliefs that it just cannot accept that men can be abused to. Why are the surveys like the Synovate survey done by the Economic Times in 2015 which reports that 19 percent of the males working in Bangalore, Chennai, Delhi, Kolkata and Mumbai have been the victim of sexual harassment at work place, not taken seriously but even one online tweet by a girl is, be it true or false.

there is a great need to realise, that men and women, both are equal and deserve equal recognition and respect. No gender is superior to the other and feminism is not more power to women but equality of the genders. We all together need to resist and challenge gender inequalities and attempt to intervene and correct the causes and consequences of gendered power imbalances. And lastly, we also need to normalise men and women being both masculine and feminine. If a man pulls or does not pull a chair for a woman, it does not need to be hyped on the internet, neither does a man being kind or doing household work or a woman being strong and brave.

just as was said by Gloria Steinema, "a gender equal society would be one where the word gender does not exist: where everyone can be themselves" and that is what we need, a person being a person not necessarily a male or a female.





## **JUNE IN MAY**

**Oh, what a scorching day.  
The summer of June has arrived in May !**

**Eating ice-cream in the heat,  
That too, sitting on a pool seat.**

**Drinking cola with some ice,  
And now eating fries with spice.**

**Yummy, tasty, delicious  
It's the foodie form of us!**

**Time for homework has arrived,  
Finding some ways to get the teacher bribed**

**The summer is making our faces red,  
Feeling lazy ? Then sleep in bed !**

**Eat, sleep, drink & play,  
Because,  
The summer of June has arrived in May !**

**- Neeyati Sharma  
6th Lily**





## **WHY'D MY MUM GET ME A PHONE THAT DAY?**

**My mother got me a phone,  
This made me suspect she was a clone.  
Because my mum would never,  
Be a cool and chill mother ever.**

**She's kept disinfectants and sanitizers  
on the table, And gives me vitamins to  
keep my health stable.  
Now she worriedly watches news on the  
TV,  
God, why is everything getting so  
creepy?**

**I'm four years old and very talkative  
For my age I'm quite a detective.  
About this mystery all day I wonder,  
It's a bigger question than the cause of  
thunder.**

**Ever since I remember, I was told,  
On March 1st when I turn four years old,  
I'll go to school and start with studies,  
Have teachers teach me and make good  
buddies.**

**I wasn't sent, this day was yesterday.  
Lying to a kid, that's not the way.  
They handed me a phone and called it  
school, You're all tricking a child, totally  
not cool.**

**Yes, I try to hear my parent's talks  
They say "This COVID even worse than  
Smallpox"  
Apparently they discuss about some  
disease,  
That is said to have spread overseas.**

**To me the meaning of disease is currently  
unknown, But, it seems to have caused  
schools to postpone.  
To this thing the elderly are more prone,  
And it even has types like Delta and  
Omicron.**

**It's been some time and everything is sober,  
They say "The Pandemic is finally over"  
With time much has changed about me,  
Including that without glasses I cannot see.**

**Now I'm six and reached grade one,  
Before this, I never knew school was such  
fun.  
Now my family members all act normal,  
It's much more different, the change is  
phenomenal.**

**Now to talk I don't need to switch on my  
mic,  
And I can go wherever I want, whenever I  
like.**

**My juniors make me feel superior,  
First year in school and already a senior.**

**To be honest I never really asked,  
To go out, why did I need to wear a mask?  
Maybe that's why I still don't know even  
today,  
Why'd my mum get me a phone that day?**

**–Rashika Bhardwaj  
Class 6 Lily**



You are not her; You are not pretty  
- Aose Anil Chauhan  
12th Commerce

Looking in the mirror, comparing herself to those she saw in the magazines. 'Not like her', she said as tears rolled down her dark, chubby face. 'Different' her mother called out as she wiped off the tears from the soft skin and gleaming brown eyes. Different but beautiful.

She knows that for years beauty has been defined as being fair skinned with having Eurocentric features and everyone wants it. The perception of having lighter features is classified as the ideal and optimum beauty. Popular culture frequently tells society, what it is supposed to recognize and accept as beauty and continues to set great importance on it even though beauty is a concept that differs in all cultures and modifies over time. And it has even gone as far as to attribute beauty to self-worth; consequently, more and more women aspire to achieve beauty, which then enforces unhealthy and unrealistic beauty ideals that negatively affect women's self-image and their body image.

She even knows that women with a darker skin complexion have been shunned as not depicting or reflecting the 'ideal beauty'. And their skin tone is just one thing on the list. The often indoctrination of having 'straighter hair' has equalled beauty. Images translated to the world are 'how to make your hair longer and straighter'. The thought of having a glorious mane of kinky and coily hair is just horrifying to the media.

Every other day she witnesses White washing occurring in media, like the L'Oréal storm where Beyoncé's African American features were manipulated and even eradicated to show a whitened version. She is also aware of the time when actress Lupita Nyong'o accused the Grazia magazine of digitally altering her kinky coily tresses to fit a more Eurocentric or 'acceptable' image. Seeing them confident she smiles but here again she compares herself to them saying no they are different, even with dark skins they are beautiful, and I am not like them.

With the seeds of such so called beauty standards implanted and promoted all over the internet she is so influenced that she misses out the hypocrisy in those ideal and optimum standards. Some days she's told to gain weight, get thicker while some days she's criticized for being too thick. Some tell her she's too small and some say too tall. Sometimes too shy, sometimes too loud. Such oppressions are consuming her. But even more, she is consuming herself. "I wish my stomach was flatter, my chest was bigger, my thighs skinnier, my arms more toned, and my waist smaller." Instead of defying such lousy beauty standards she is continuously pushing herself too hard and closer to the dead end and all this to satisfy those someone's around her without caring about the physical and mental effects on her body. She's undermining her self-worth and questioning her appearance and searching for ways to have lighter skin, straighter hair and perfect body. Instead of accepting herself just the way she is she's going on and on changing her, not realizing that every day the memory of her original self is slowly erasing.

But it shall be okay even if it all goes away, if she reaches her goal, right? But will she? With today's continuously changing standards how much will she be able to change? And more importantly even if she does, will she finally be happy?

And it's not just her but millions of women out there who are even questioning their presence as they are. Absorbed or sucked into these standards women are forgetting that beauty is not a quality in things themselves; it merely exists in the mind which contemplates them, and each mind perceives a different beauty.

She needs to understand that the world doesn't define her. That mirror doesn't define her. She may be different but she is beautiful. Her beauty does not decrease based on someone's inability to see her worth. And so, she should hold herself in high esteem and walk through, flaunting all her features and perfect imperfections. And if they're not according to the society's beauty standards then she should create new standards for more like her. Never should she get jealous of what's in that magazine or on the media, but only of that which is reflected in the mirror she looks upon.

She is not her neither will she ever be but she definitely is pretty.

And to her and more like her I would just say,

Here your dreams are sweet and tomorrow shall bring them true, and here is where you've accepted you.



## Present gender conflict in today's Indian society

India a country characterised by diversity in culture, communities traditions and languages is still in the upcoming race for development not only on the economic front but also on the societal front.

Independence brought in 1947 is still not able to oust the chains of conservative mind-set which binds the half of Indian population, women. Indian women are still struggling to be freed from the imposed societal duties and are not as independent as the other half. This struggle for freedom by women has been since times immemorial some being termed as witches, rebellious, dominating or troublesome but with education spreading and social media giving hopes and insights into the future world it is termed as new India's rising gender conflict.

This conflict in techno savvy world was the norm of the newspaper world and before it. It has always been the duty of women to know the survival tactics better known as household chores and men were designated to design the world, also known as men's work. Women have always been expected to look after the household and children, and men were the breadwinners of the family.

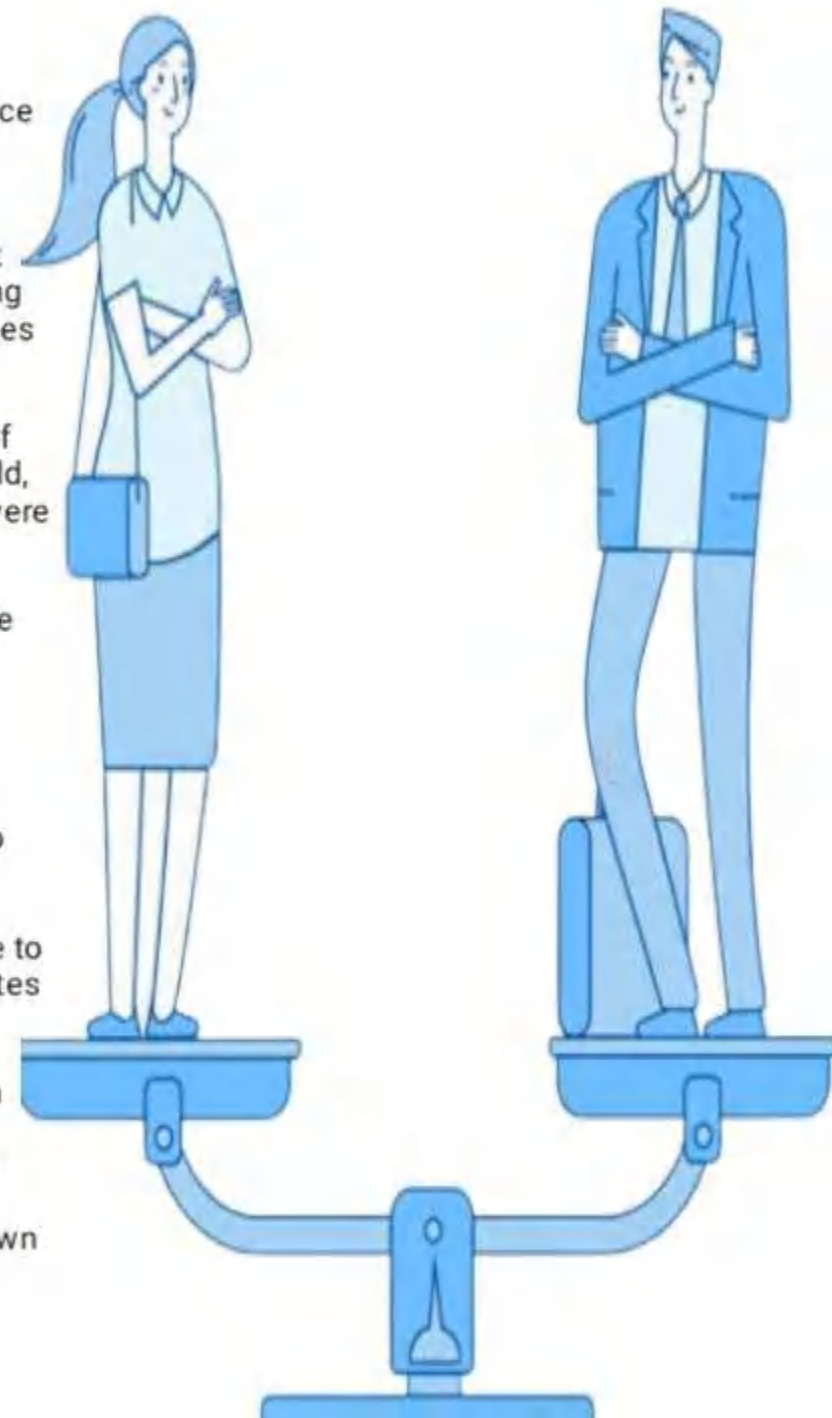
The change in the picture came with the world wars when men went away to fulfil the duties of war and women were left back to earn and feed the family. That was the beginning of women venturing out and becoming a part of the economical society.

Today's women play an equal and important role in running the economy and an independent role in running their household. Today not only they have to run their workplace but run the entire household usually without the help of their counterparts. In most cases the women have to shoulder a double responsibility while men usually just need to succeed in their career.

But the women in sports careers face a greater challenge of being recognised in their field. The women players have to fight for equal facilities as being provided to the male teams. The female teams are given less preference and in states like Haryana and Rajasthan yes not being supported by their family members is a scenario not too uncommon.

Gender conflict was not a great issue in earlier times as it was an accepted norm to dominate and curb the freedom of women. But with spreading awareness and education and with equal citizenship formula being followed in our constitution the women are becoming aware of their rights and it has instilled a feeling of self worth and respect for themselves. It would be better to use the term struggle than conflict because the conflict can come to an end but a struggle will remain constant until women not only liberate themselves from the patriarchal set but also from their own stereotypical mind-set.

By - Agreema Justa  
Class- 12 Humanities





## LOVE

Love is life,

It can't be cut with a knife.

It flies without wings,

It comes without strings.

Love can never die,

It's place is very high.

It never takes,

It always gives.

Love is special,

It is rare.

It is made for us to share

Mrinalini 4 lily





## **"Birds"**

**If I was a bird,  
I would sing a song  
And fly all day long  
And at dusk  
Go to rest, in my Cozy little nest.**

Savya Suryvanshi  
Class 3 tulip





# RIDDLES

S.NO	RIDDLES QUESTION	ANSWER
1	I am full of holes; I can hold water. What am I?	Sponge
2	What are two things people never eat before breakfast?	Lunch & Dinner
3	What has two hands and a face, but no arms and legs?	Clock
4	What has 4 legs and only 1 foot?	Bed
5	What gets wet when drying?	Towel
6	What is the more you take away the larger it becomes?	Hole
7	What can't be used until it's broken?	Egg
8	What has many keys but can't open any door?	Piano

Name: Yuvika Chauhan

Class: III (Tulip)





**My name is Aadhaya Dwivedi. study in Class 4 'Lily. My achievements of the past year are very well balanced between my academic accomplishment and my sports achievements.**

**I have been a sincere student throughout the year. But my sports achievement in the past and present year is the real feather in my cap. I started to play Table Tennis 3 years back but now it is my passion. have played many District, States, State ranking tournaments and 1 National tournament and I have bagged ranks in all of them.**

**My parents and my Teachers are proud of my achievements which motivates me to**

**keep doing better.**

**I came 2 in Shimla district T.T championship and 3 in State T.T championship held in Kangra respectively in 2021, and on the basis of my 2021 achievements got selected for TT Nationals championship to represent T.T Team Himachal Pradesh at Indore (Madhya Pradesh). I bagged 2 rank in Solan State ranking T.T championship held in Solan in 2022, I bagged 2 rank in Mandi state ranking T.T championship held in Mandi in 2022.1 with dedicated efforts bagged 1 rank in Hot Weather TT championship held in Shimla in 2022. My latest achievements being ranked 2 in Shimla district T.T championship and 3 in State T.T championship held in Kangra respectively in 2022, and on the basis of my 2022 achievements have been again selected for T.T Nationals championship to represent T.T Team Himachal Pradesh which is to be held in 2023.**





## **A JOURNEY ALMOST COMPLETE**

**A final sunset  
My journey not finished yet  
Thankful to survive  
Soon to arrive  
To a distant shore  
The place I adore  
Anticipating its treats  
Mouth watering for its sweets  
With my love, going to be**

**Holding the wheel merrily  
Never to return  
My final sojourn  
Goodbyes already said  
Of starting over, unafraid  
Onward I ride  
On the tranquil water, the ship does glide  
Giddy I feel  
As my destiny, I fulfill  
Patiently waiting for the morning sun  
When this chapter, finally, will be done**

**- Mishthi Sharma  
- Class 8 Rose**



## **2 YEARS OF IMPRISONMENT**

**The year was 2020  
At that time I was 9  
A girl got a mask to school  
It was weird as we were unfamiliar with mask at that time**

**I got to know about a virus  
Corona was its name  
Everything was going well  
Until it stopped our game**

**Then I got a message  
That there is Vacation for a week  
I was happy at that time  
And was playing hide and seek**

**It was my sister's birthday  
15 April was the date  
And it was the last day of lockdown  
And happily we cut the cake**

**But then we got to know  
That the lockdown had extended for more  
And then the teachers gave us holiday homework  
But I wanted the lock down no more**

**We had to lock up in our houses  
Like birds being locked up in their cages  
The virus was spreading more and More.  
And I thought, "What if it takes ages?"**

**The pandemic lead to 2021.  
Everyone was sick and tired from it.  
But thanks to all the helping hands.  
That we got COVID not even a bit.**

**Then it was 2022.  
The things started to be normal again  
And I was very happy  
To go to achool again.**

**-Prakriti Sharma  
VI- Rose**





## REMINISCING MY JOURNEY

Often when I feel low, I recall these good times I spent in school and all the little memories I made here. Some excite me, some bring nostalgia, some tear me up and some fill me with anger and loathe. I'd be lying if I say that all these 14 years were filled with only laughters and giggles and grins. From hurting my chin in nursery to being the only one who had an orange elephant in kindergarten. Grade one reminds me of the biggest sticker Miss Sobti gave me in the entire class, grade two reminds me of irregular pictures in my scrap book, Miss Kumkum Sood's sweets and chocolates and being the kabir in dohas are few things that'll stay with me. From being an introverted child who was even scared to talk to an individual, and growing into the one who got lead roles in plays and started debating at a very young age, all this is because of my family and my teacher Ms. Shashi Bhlaik. Going to different schools and representing this badge was such a pride! I can go on and on recalling all my 14 years but the only thing that'll stay with me forever is me and the person I am because of my teachers.

-RIDHI SHRESHTHA  
12 MEDICAL





## **"AN ODE TO THE QUEEN OF HILLS SHIMLA"**

### **POEM**

**The town where people live  
with peace and harmony,**

**Fresh and cool air kisses  
everyone's sight,**

**Sunrise embraces snowcapped  
mountains and blissful nature,**

**People experiences pleasant  
walking surrounded by pine  
and oak trees, Beauty of  
which is described in five  
seasons,**

**Shimla "the Queen of Hills" is  
the name of my town.**

**NAME : Aradhya Thakur  
Class 3 : Tulip**

## **"AN ODE TO THE QUEEN OF HILLS SHIMLA"**

### **POEM**

**The place where people live in  
harmony and peace, Everyone's  
eyes are kissed by the cool,  
fresh breeze, Sunrise embraces  
peaceful nature and snow-capped  
mountains, People enjoy leisurely  
strolls among pine and oak trees.  
Beauty of which is described in  
four seasons, Shimla "the Queen of  
Hills" is the name of my town.**

**NAME :Aradhya Thakur  
Class 3:Tulip**





# HINDI ARTICLES





**कोरोना**

**2020 वर्ष हर्ष से आया।**

**सबके मन को भाया।।**

**फिर लोहड़ी आई, सबने रेवड़ी, मूँगफली खाई उसके बाद होली आई,  
हम सब ने एक दूसरे को गुलाल लगाई।**

**फिर मार्च मास आया, सारी दुनिया को रुलाया। जिसका नाम था कोरोना ।**

**कोरोना वायरस यह एक ऐसा संक्रमण आया।**

**बड़े-बच्चों को पड़ा रोना जिसको विश्व स्वास्थ्य संगठन ने महामारी घोषित  
करवाया। सामाजिक दूरी बनाए रखने का ज़ोर दिया। पर भूख ने लोगों को  
तोड़ दिया। इस महामारी पर आसमान भी रो पड़ा। धरती पर भी शवों का  
ज़ोर पड़ा। ईश्वर सभी को इस घड़ी को सहन करने की शक्ति दें। जल्दी से इस  
महामारी से मुक्ति दें ।**

**शरलिन शर्मा  
सातवीं 'लिली'**



## हिंदी भाषा

हिन्दी भाषा हमारी राष्ट्रभाषा है।  
हमें गर्व है अपनी इस भाषा पर दे  
इसको सम्मान, यह है हमारी शान,  
न केवल 14 सितम्बर, हर दिन रहे  
यह हमारा अभिमान, हम हिन्दी  
अपनाकर अपना गौरव बढ़ाएँगे,  
विश्व के सभी देशों में हिंदी को  
फैलाएँगे। आओ सब मिलकर प्रण  
कर लें, हिन्दी है हम हिंदी है हम,  
हिन्दोस्तां हिंदी का वतन बनाएँगे।

सायना महाजन-कक्षा 6 रोज़





# माँ

साँसों की डोर है जिससे न कोई महान है। उससे खुशनुमा हो जाती है जिंदगी हमारी दूर कर देती है ये परेशानी सिर दर्द होने पर सहलाती है जीत पर हमारी मुस्कुराती है। गलती पर डाँट लगाती, आँखों में आँसू देख, पिघल है जाती। बच्चों पर अपनी जान छिड़कती है। उनकी ही आँखों में सपने संवारती उनके प्यार से सफलता पाते हैं। बुढ़ापे में फिर क्यों उसे रुलाते हैं। कष्ट उसने सारे सहे, अपने सपने सारे उसने मारे। ममता व

तयाग की मूरत नारी जीवन का अमृत है माँ हमारी । नींद अपनी भुलाकर, सुलाया है हमको, आँसू अपने

छुपा कर हँसाया है हमको दर्द कभी न देना उनको, ईश्वर ने माँ बनाया है जिनको ।

अलायना शर्मा कक्षा नवीं लिली





**माँ**

**माँ ही आदि, माँ ही काली,  
सभी रिश्तों में शक्तिशाली।**

**माँ ही मैडम, माँ ही बाई,  
सब दुखों को मन में दबाए  
बड़ी से बड़ी मुश्किलों को पल में हटाए,  
तभी तो माँ सब के  
सब बच्चों पर धाक जमाती ।  
हर दिन झाड़ू पोंछा लगाती,  
कहते फिर भी क्या है कमाती ।  
पूरे दिन भर काम है करती,  
अपने लिए न सजती संवरती  
घर के अंदर, घर के बाहर,  
उम्र भर हर रिश्ता निभाती तभी तो बच्चो वह माँ है कहलाती।**

**यादवी चौहान  
पाँचवीं नलिनी**



## विद्यार्थी जीवन

घर आई थी थकी हारी,

मैंने कहा- माँ जिन्दगी से थक गई हूँ पढ़ पढ़कर मर गई हूँ।

माँ ने पूछा कुछ पढ़कर भी आई ? ऐसा लगता है कि पढ़ाई के बोझ के नीचे दब गई हूँ। गणित में अंक आए कम, जीव विज्ञान से रट्टा मारकर की भरपाई । रसायन विज्ञान ने उबाला, फिर धुआँ ही धुआँ, भौतिक विज्ञान में गुरुत्वाकर्षण नहीं भाई अंग्रेजी व हिंदी ने राहत दी, पर भूगोल के मौसम बीमार कर गए। और इतिहास की क्रांतियाँ व तिथियाँ याद कर परेशान हो गए। रेस्टोरेंट जाना है, बर्गर खाना है। परंतु कल गृह कार्य न करने के लिए

कोई न बहाना है। पता नहीं क्या क्या होगा वहाँ । बर्गर, मोमोज, पिज़्ज़ा, डोसा । परंतु क्या मैं कभी कर पाऊँगी कभी पढ़ाई पर भरोसा ? अब, रेस्टोरेन्ट जाने का स्वप्न छोड़कर पढ़ाई का रास्ता अपनाना है और इस ज़माने से दूर भाग जाना है। जाने पता नहीं कौन वो मानव था हमसे दुश्मनी जिसने निभायी। जाने किस बदले की खातिर उसने फिर पढ़ाई बनाई । मिल जाए जो मुझे कहीं वो कर दूँ उसका काम तमाम । बने किताबी कीड़े हैं सब छोड़ कर देखो इंस्टाग्राम !!!

श्रीजा, श्रेयसी प्रकृति  
कक्षा नवीं लिली





पहेलियां

क - हरी थी मन भरी थी राजा जी के बाग़ में दोशाला ओढ़े खड़ी ।

उत्तर मक्की

ख- बीमार नहीं रहती हूं मैं फिर भी खाती हूं गोली, बच्चे बूढ़े सब डर जाते सुनकर मेरी बोली ।

उत्तर- बंदूक

ग दो किसान लड़ते जाए उनकी खेती बढ़ती जाए ।

उत्तर - स्वेटर की बुनाई

घ- एक गुफा के दो रखवाले दोनो लम्बे दोनो काले ।

उत्तर- मूँछें

नाम: श्रेयसी ठाकुर

कक्षा ५ नलिनी





इलेक्शन भी क्या चीज़ है

इलेक्शन वह चीज़ है, जिसमें एक खादी कुर्ता और कमीज़ है।

नेता लोग देते हैं भाषण और कहते हैं करेंगे सस्ता राशन,

एक दिन एक जगह ऐसा ही हुआ,

नेता जी ने अपने हाथों से एक अछूत को छुआ।

यह देख लोग हुए हैरान और कहने लगे नेता जी आप तो हैं महान। अब तो नेता जी भी बन गए हीरो, परंतु इलेक्शन में उनको वोट पड़े ज़ीरो।

नेताजी से चालाक तो वह जनता निकली,

जिसने पॉलिटिक्स की भाषा दो दिन में सीख ली। एक दिन की बात है, नेताजी की एक आदमी के साथ मुलाकात हुई।

नेता जी आप तो गए काम से,

मैंने तो पहले ही बोल दिया था अपने आप से।

वह भी तो चले थे लड़ने इलेक्शन,

मगर उनकी नहीं हो पाई सिलेक्शन।

उनके साथ तो चलो ठीक हुआ,

आपके साथ हुआ अन्याय,

ठीक है नेता जी नमस्ते साथ में गुड बाय।

यह सुनकर नेताजी के उड़ गए होश,

और सोचने लगे बेकार है अगले इलेक्शन के लिए नया जोश।

नेताजी तो चले थे करने आत्महत्या,

शुक्र हुआ सामने से आ गई उनकी पत्नी सत्या। वह बोली हे प्रिय, प्राणनाथ!

जल्दी घर चलो मैंने आपके लिए बनाया दाल और भात।

अब नेताजी भी चले अपने घर,

मानो उन्हें नहीं है अब थोड़ा- सा भी डर।

आगे क्या होना था नेताजी को ज़िंदगी भर रोना था। रात को नेताजी भी चोरी चोरी रोते थे, बाकी परिवार वाले आराम से सोते थे।

एक दिन नेता जी को भी नींद का झटका आया और उस झटके ने पूरे परिवार को जगाया।

अब तो हो गया नेताजी का सफाया,

क्योंकि उन्होंने नींद में था ज़हर खाया।

हम भी क्या कर सकते हैं दोस्तो, यह तो होती है राम की लीला और भगवान की माया,

क्यों नहीं परिवार वालों ने उन्हें इलेक्शन के दौरान समझाया।

अब आप सब भी लूटो मज़ा क्योंकि नेता जी को मिल गई सज़ा।

अब हम भी अपने घर को चले,

यह तो आप ही फैसला करेंगे

हम बुरे हैं या नहीं!!

ऐमरिन श्रवण

चीथी लिली





# जीवन के नियम Rules of life

हम एक नयी शुरुआत करने जा रहे हैं और इसके लिए हमें कुछ नियमों का पालन करना होगा। ये नियम आपकी जिंदगी बदल देंगे (Rules That can Change Your Life) 1

## आत्मविश्वास (Self Confidence)

आत्मविश्वास से आशय "स्वयं पर विश्वास एवं नियंत्रण (Believe in Yourself) से है। हमारे जीवन में आत्मविश्वास (Self Confidence) का होना उतना ही आवश्यक है जितना किसी फूल (Flower) में खुशबू (सुगंध) का होना, कोई भी व्यक्ति कितना भी प्रतिभाशाली क्यों न हो वह आत्मविश्वास के बिना कुछ नहीं कर सकता। आत्मविश्वास ही सफलता (Success) की नींव है, आत्मविश्वास की कमी के कारण व्यक्ति अपने द्वारा किए गए कार्य पर संदेह करता है। आत्मविश्वास (Self Confidence) उसी व्यक्ति के पास होता है जो स्वयं से संतुष्ट होता है एवं जिसके पास दृढ़ निश्चय, मेहनत (Hardwork) व लगन (Focused), साहस (Fearless), वचनबद्धता (Commitment) आदि संस्कारों की सम्पत्ति होती है।

## आत्मविश्वास कैसे बढ़ाएं (How To Improve Self Confidence)

स्वयं पर विश्वास रखें। (Believe in Yourself), लक्ष्य बनाएं (make smart goals) एवं उन्हें पूरा करने के लिए वचनबद्ध रहें। जब आप अपने द्वारा बनाए गए लक्ष्य (Goals) को पूरा करते हैं तो यह आपके आत्मविश्वास (Self Confidence) को कई गुणा बढ़ा देता है।

## मेहनत एवं लगन (Hard work and Focus) :-

किसी विद्वान ने कहा है कि कामयाबी, मेहनत से पहले केवल शब्दकोष में ही मिल सकती है। मेहनत (Hard Work) का अर्थ केवल शारीरिक काम से नहीं है, मेहनत शारीरिक व मानसिक दोनों प्रकार से हो सकती है। मेरा अनुभव यह कहता है कि मानसिक मेहनत, शारीरिक मेहनत से ज्यादा मूल्यवान होती है।

"अगर कोई व्यक्ति बार - बार उस कार्य को करने पर भी सफल नहीं हो पा रहा है तो इसका मतलब उसका कार्य करने का तरीका गलत है एवं उसे मानसिक मेहनत करने की आवश्यकता है।"

प्रमोद कैथला

टीजीटी (हिंदी) लोरेटो कॉन्वेंट तारा हॉल शिमला

खुश रहें:- (Be Happy).

खुद को प्रेरित करें। (Motivate Yourself), असफलता (Failure) से दुखी न होकर उससे सीख लें क्योंकि "experience हमेशा bad experience से ही आता है"

सकारात्मक सोचें (Think Positive)

विनम्र रहे एवं दिन की शुरुआत अच्छे कार्य से करें। (starting the day with a positive attitude) इस दुनिया में नामुमकिन कुछ भी नहीं है (Nothing is Impossible in this world) आत्मविश्वास का सबसे बड़ा दुश्मन किसी भी कार्य को करने में असफल होने का डर (Fear of Failure) है एवं डर को हटाना है तो वह कार्य अवश्य करें जिसमें आपको डर लगता है।

डर के आगे जीत है (Darr ke aage jeet hai)

सच बोलें, ईमानदार रहें, प्रकृति से जुड़े, अच्छे (Good) कार्य करें जस्ूरतमंद की मदद करें (Be Helpful)। क्योंकि ऐसे कार्य आपको सकारात्मक शक्ति (positive power) देते हैं वहीं दूसरी ओर गलत कार्य एवं बुरी आदतें (Bad Habits) हमारे आत्मविश्वास को गिरा देते हैं। वह कार्य करें जिसमें आपकी रुचि हो एवं कोशिश करें कि अपने करियर (Career) को उसी दिशा में आगे ले जिसमें आपकी रुचि हो।

वर्तमान में जिएं (Live in Present),

सकारात्मक सोचें, (Think Positive), अच्छे मित्र बनाएं, बच्चों से दो नहीं करें, आत्मचिंतन करें। हमें दिन में 70,000 से 90,000 विचार (thoughts) आते हैं और हमारी सफलता एवं असफलता इन्हीं विचारों की quality (गुणवत्ता) पर निर्भर करती हैं। वैज्ञानिकों के अनुसार ज्यादातर लोगों का 70% से 90% तक समय भूतकाल, भविष्यकाल एवं व्यर्थ की बातें सोचने में चला जाता है। भूतकाल हमें अनुभव देता है एवं भविष्यकाल के लिए हमें planning (योजना) करनी होती है, लेकिन इसका मतलब यह नहीं कि हम अपना सारा समय इसी में खर्च कर दें। हमें वर्तमान में ही रहना चाहिए और इसे best बनाना चाहिए क्योंकि न तो भूतकाल एवं न ही भविष्यकाल पर हमारा नियंत्रण है।



## हिमालय

छाती तान खड़ा हिमालय, सफेद चादर ओढ़कर।  
दुश्मन को ललकार रहा है, अपने इरादे पक्के कर  
अचल खड़ा है अपने डग पर  
अविचल आँधी और तूफान में हम सब को संदेश है देता, डटे रहो, न डरो  
विनाश से।

देवों का देवालय यहाँ पर, पूजा होती हिंदुस्तान में दुश्मनों से हमारी रक्षा  
करता, ढाल बनकर संग्राम में।

कल-कल करती नदियाँ बहतीं निकलकर हिम की गोद से। नीचे बहतीं,  
अठखेलियाँ करतीं बर्फ की चादर ओढ़ कर ।

उठ सागर से गरम हवाएँ, हिमालय से जा टकराती हैं। बादल बनकर वही  
हवाएँ

धरती की प्यास बुझाती हैं।

ऊँची-ऊँची चोटियाँ इसकी, बर्फ से लथपथ रहती हैं। सर्द हवाओं के थपेड़ों से  
भी, विचलित कभी ना होती हैं।

सबसे प्यारा, सबसे न्यारा, ऊँचा रहे हिमालय हमारा।

अक्षरा ठाकुर  
आठवीं लिली



ज़िंदगी

ठहराव के बाद ज़िंदगी

रुको ठहरो रुको

किस भाग-दौड़ में फँसी हुई है ज़िंदगी ? किस भेड़-चाल में लगी हुई है ज़िंदगी? किसकी मिठास में दखल डाले हे ज़िंदगी ? रुको! उठो!  
कुछ दम भर लो

वक्त वो भी न रहा,

वक्त यह भी न रहेगा

फिर कैसी दौड़ में लगी है ज़िंदगी ?

कुछ ठहराव की ज़रूरत है ज़िंदगी में.....

आया था वह भी नया दौर जब कमरे में लिपटी हुई थी ज़िंदगी

न गाड़ियों का शोर, बस चिड़ियों का चहचहाना नीले आकाश को देखना तथा पत्तियों की सरसराहट  
घर से काम करना तथा एक-दूसरे को वक्त देना ।

मीठे पकवान सी हो गई थी ज़िंदगी, माता-पिता का घर में रहना, दादा-दादी के किस्सों सुनना

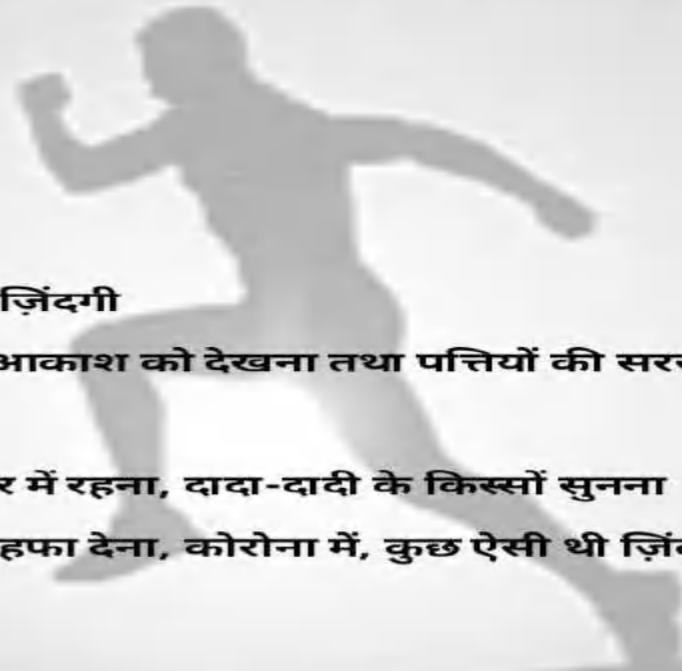
पड़ोसी को देखकर खुश होना, अपनों को वक्त का तोहफा देना, कोरोना में, कुछ ऐसी थी ज़िंदगी ।

ठहराव ने रिश्तों का मोल सिखाया,  
ठहराव ने नई ऊर्जा जगाई  
ठहराव ने रंगों का महत्व सिखाया,  
ठहराव ने स्वयं को तोलना सिखाया ।

सिखा गया ठहराव खुद के दर्शन करना,

सिखा गया ठहराव नई परीक्षा की तैयारी  
सिखा गया ठहराव सूर्य और तारों का मोल,  
सिखा गया अनमोल नियम, मान करो तुम मेरा।।

नैना गोयल 9 ट्यूलिप





ठहराव

ज़िंदगी जीने के लिए ठहराव ज़रूरी है,  
शायरी के लिए कुछ घाव ज़रूरी है।

नदी रुक नहीं सकती, साहिल के पास में  
उसके वजूद के लिए यह बहाव ज़रूरी है।  
शहर में अच्छे नहीं लगते हैं गाँव के कपड़े,  
हर जगह के लिए अलग पहनावा ज़रूरी है।

हम खुद तो बच जाएँगे अकेले ही तैर कर  
सबको बचाने के लिए इक नाव ज़रूरी है।

कब तक रहोगे इस दुनिया में आखिर तुम  
उस दुनिया के लिए खुदा से लगाव ज़रूरी  
है।

पृषा बेनीपाल  
नवीं ट्युलिप





**बढ़ता चल**

उड़ उड़ता चल, ऊँचाईयों की ओर  
मिलेंगे तुझे सितारे गगन में, जो उड़ेगा  
तू । जगमगा तू उस चाँद की तरह,  
जिसके आलोक से रात का कोहरा  
मिटा । बहता जा उस नदी की तरह,  
जिसने बंजर जमीन को धान का मोती  
दिया। लहरा तू उस तिरंगे की तरह,  
जिसकी आन के लिए वीरों ने, बलिदान  
दिया। अविराम, निर्भय, बढ़ बढ़ता चल  
मिलेगी तेरी मंजिल, निश्चय ही तुझे ।

**नाएशा मौका कक्षा नवीं ट्यूलिप**



## वीर गाथा

मैं वही वीर हूँ जो सरहद पर तुम्हें दुश्मनों से बचाता हूँ वही वीर जो सात घंटे सोना भूल जाता है। वही वीर जिसकी वृद्ध माँ की नज़रें चौखट पर गड़ी रहती हैं।

आओ तुमको मैं सुनाऊँ अपनी वीर गाथा, नहीं है यह कोई आम कथा यही वीर जिसके पिता की आँखें अपने बेटे को देखने के लिए तरस उठी है, वही प्रेमिका जिसकी माँग कभी भर नहीं पाया, वही वीर जो सारे त्योहार घर जाने की आस लगाता रहा पर एक दिन जब अचानक मेरी देह पर लगातार दस गोलियाँ लगी और मेरी आँखें अचानक बंद हुई, तब मेरे मन में सवाल आया क्या मुझे इसलिए वीर गति प्राप्त हुई। क्योंकि मैं अपनी जन्मभूमि, अपने वतन, अपनी माँ, भारत माँ की सुरक्षा करने योग्य था? खैर, इससे पहले मुझे कोई उत्तर मिले मैं गहरी नींद में सो रहा था। यादों और देशभक्ति का बस्ता लेकर मैं यह दुनिया छोड़ चुका था। आओ तुमको मैं सुनाऊँ अपनी वीर गाथा, नहीं है यह कोई आम कथा ।

वही वीर जो अपने गाँव और पिंड वापस आना चाहता था, वही वीर जो अपनी प्रेमिका से वापस मिलना चाहता था।

औरल नेगी सातवीं लिली





## वीर गाथा

आओ बच्चो! तुम्हें भारत के वीरों की गाथा मैं आज सुनाऊँ  
जब हम बैठे थे घरों में, वे खून से लहुलूहान हुए। चीर गए छाती दुश्मन की वे  
ऐसे वीर महान हुए।

कैसे याद न करें हम हमारे लिए दी गई तेरी जान की कुर्बानी को  
कैसे भूल जाएँ हम तुम्हारी आज़ादी की निशानी को

आज हम चैन की साँस लेते हैं, बिना डर के सोते हैं क्योंकि न धूप, न बारिश,  
न दिन, न रात की चिंता किए।

हमारी सरहद पर रक्षा के लिए हमारे सैनिक होते हैं। मैं नमन करती हूँ ऐसे  
माँ-बाप को जिन्होंने ऐसे वीर सपूतों को जन्म दिया।

नमन करती हूँ ऐसी पत्नियों को, जिन्होंने देश की रक्षा के लिए अपने सुहाग  
का बलिदान दिया।

आज फिर मेरे वतन के लिए मेरे देश के लाल शहीद हुए। जज़्बा तेरा, हिम्मत  
तेरी, तेरे वीर साहस को सलाम करूँ। भारत माँ के वीर जवानों तुमको मैं  
प्रणाम करूँ।

अवाक्षी धौलटा  
कक्षा- छठी रोज़



# SCHOOL ACTIVITIES





# ORIENTATION FOR PARENTS



Mar-2022



# ORIENTATION FOR TEACHING AND SUPPORT STAFF







# INVESTITURE CEREMONY



23-Mar-2022





# DISASTER MANAGEMENT PROGRAMME



04-Apr-2022





# DANCE TILL YOU DROP (ZUMBA CLASS)



04-Apr-2022





# HIMACHAL DAY CELEBRATION



12-Apr-2022





# BLESSING OF THE SCHOOL



20-Apr-2022





# GREEN THERAPY (NATURE WALK)



30-Apr-2022



# CROWNING OF MOTHER MARY



02-May-2022





# GUEST LECTURE ON 'SAVE SOIL'







# AZADI KA AMRIT MOHATSAV



21-Jun-2022







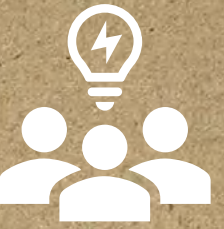
# INTERNATIONAL YOGA DAY



21-Jun-2022



# AMATEUR ENTREPRENEURS (BUSINESS QUIZ)



10-Aug-2022





# INDEPENDENCE DAY CELEBRATIONS



12-Aug-2022





# INDEPENDENCE DAY (DANCE COMPETITION)



12-Aug-2022





# TEACHERS' DAY



05-Sep-2022





# ANNUAL CONCERT (THE WIZARD OF OZ) DAY-1



15-Sep-2022





# ANNUAL CONCERT (THE WIZARD OF OZ) DAY-2



16-Sep-2022



# ANNUAL CONCERT (THE WIZARD OF OZ) DAY-3



17-Sep-2022





# VIJAYDASHMI CELEBRATION



04-Oct-2022





# DIWALI CELEBRATIONS



22-Oct-2022







# BUSINESS FEST



22-Oct-2022

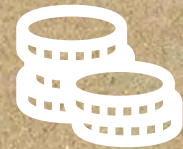


MEDLEY OF CREATIVITY AND INNOVATION  
(ART & CRAFT EXHIBITION)





VISIT TO THE HDFC BANK (CLASS XII COMMERCE)



03-Nov-2022





# CHILDREN'S DAY



14-Nov-2022





# CLASS 12 FAREWELL



26-Nov-2022





# ADVENT MASS



15-Dec-2022



# CHRISTMAS CELEBRATIONS



17-Dec-2022





# THANKSGIVING (PRAYER SERVICE)



21-Dec-2022





# PRIZE DISTRIBUTION CEREMONY





# BADGE RETURNING CEREMONY OF STUDENT COUNCIL



21-Dec-2022





# INTER-SCHOOL COMPETITIONS

THE BEST PART OF  
COMPETITION IS THAT  
THROUGH IT WE DISCOVER  
WHAT WE ARE CAPABLE  
OF - AND HOW MUCH MORE  
WE CAN ACTUALLY DO THAN  
WE EVER BELIEVED POSSIBLE





# INTRA-SCHOOL COMPETITIONS

LC MUN



ENGLISH DEBATE COMPETITION



HINDI ELOCUTION COMPETITION





# SPORTS CORNER

## RELAY RACE



## KARATE BELT TEST





# RETIREMENT CEREMONIES 2022-23

*Farewell of Ma'am  
Pushpa Chauhan*



Wishing you much  
joy & happiness  
as you begin  
a new chapter  
in your life.



*Farewell of  
Ma'am Preeti*



*Farewell of Mr. Susheel*





# JUNIOR SCHOOL ACTIVITIES







# HIMACHAL DAY





# ACTIVITY ON 'SAVE SOIL'







# STORYTELLING SESSION







WORLD  
ENVIRONMENT  
DAY  
ACTIVITY







# SPELL BEE



# ELOCUTION COMPETITION







INTERNATIONAL  
YOGA DAY



# DEBATE COMPETITION





# INDEPENDENCE DAY CELEBRATION





# JANMASHTAMI CELEBRATION







RAKSHABANDHAN  
CELEBRATION



# ANNUAL SPORTS DAY



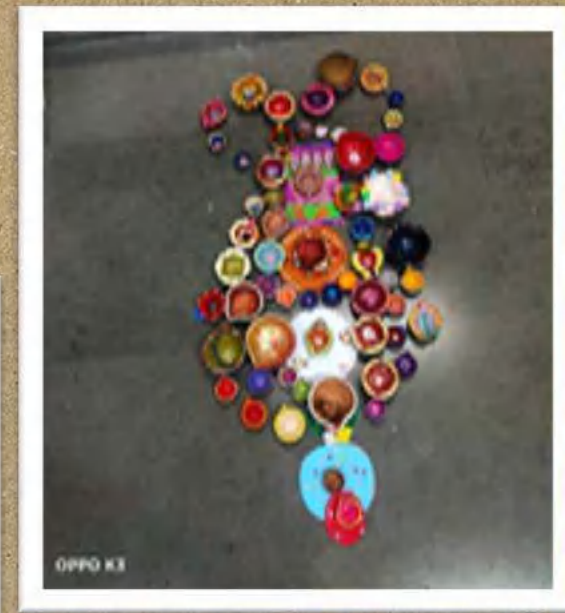


# DUSSEHRA ASSEMBLY





# DIYA DECORATION ACTIVITY







# DIWALI CELEBRATION





# ART AND CRAFT EXHIBITION





# CHILDREN'S DAY







ACTIVITY  
ON TABLE  
MANNERS







CELEBRATING  
WINTER  
FOOD  
ACTIVITY





# CHRISTMAS CELEBRATIONS





# "DOING, LEARNING AND GROWING"





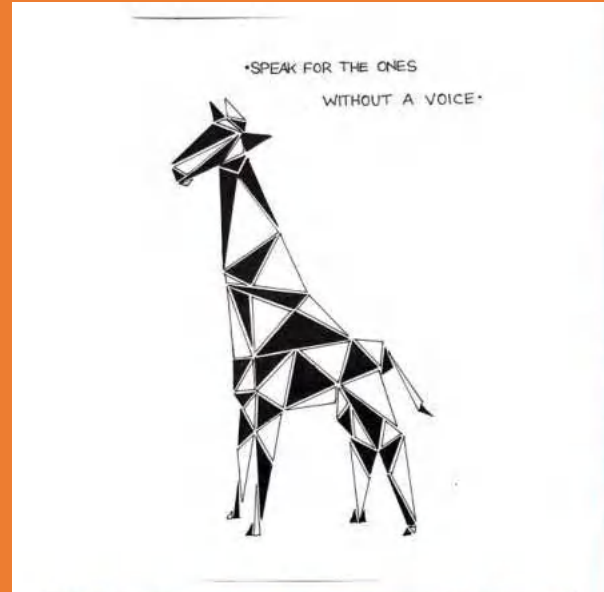
# ART GALLERY







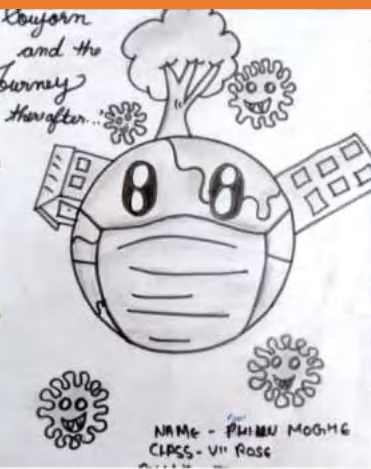
“every artist was first an amateur”



“creativity takes courage”



ALWAYS WEAR A  
Mask  
WHENER OUTSIDE  
2020 And 2021 guide lines  
Nisetti Chashan 7 Rose



“to create a work of art is to create the world”

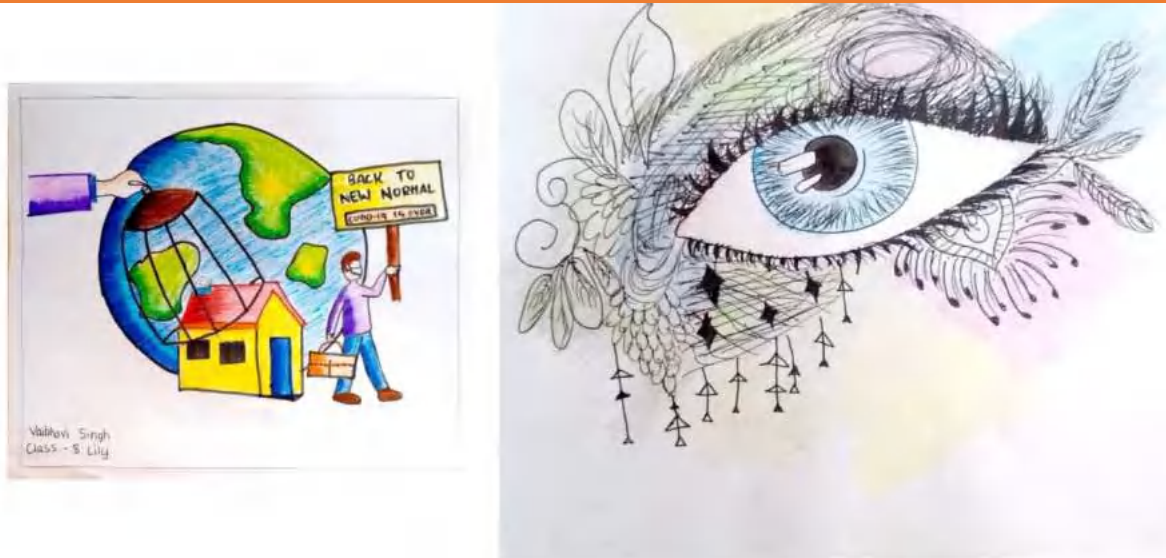


“art is harmony”





“art speaks where words are unable to explain”



“art is coming face to face with yourself”



“the artist sees what others can only catch a glimpse of”

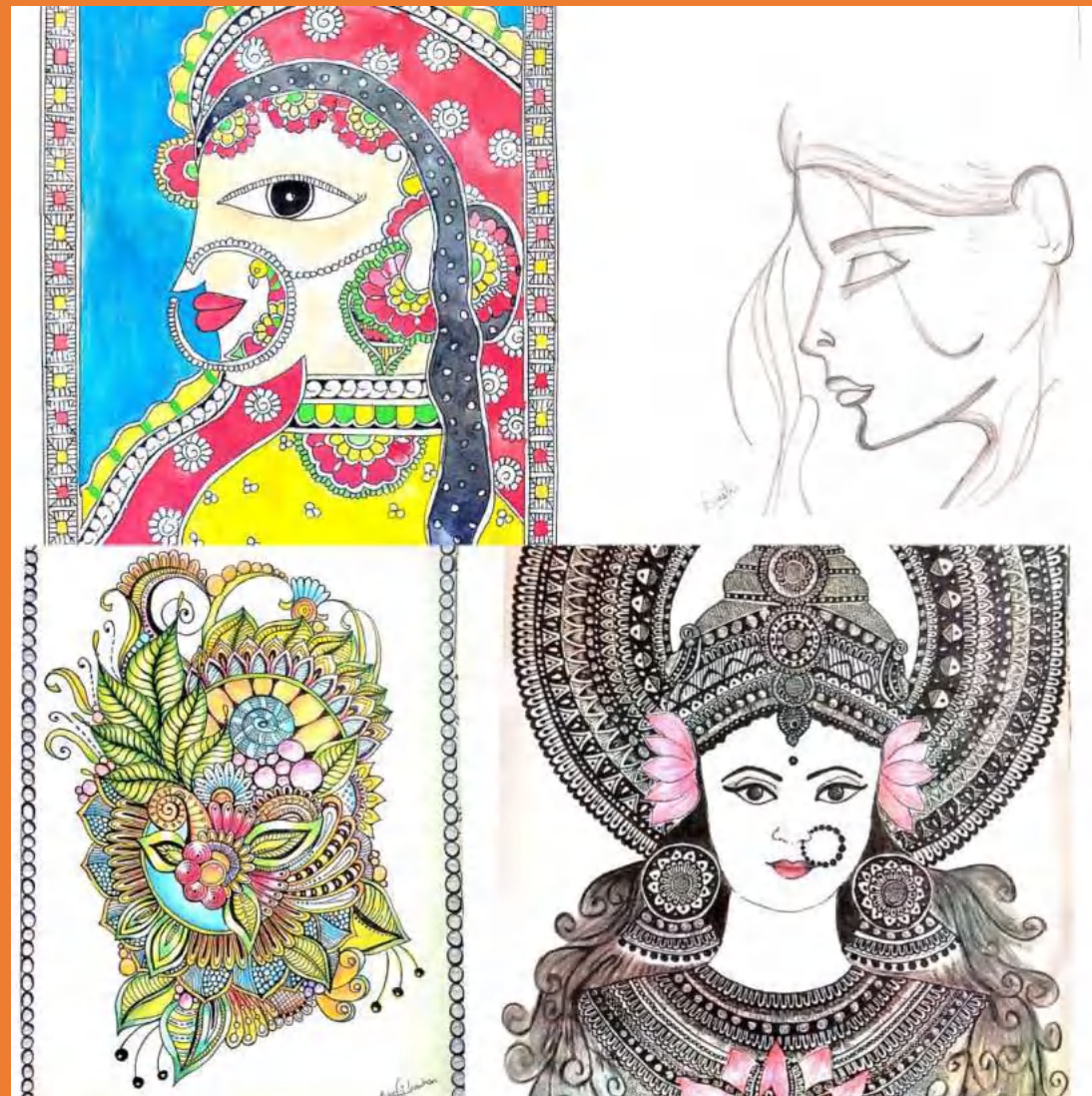


“in the mind of every artist, there is a masterpiece”





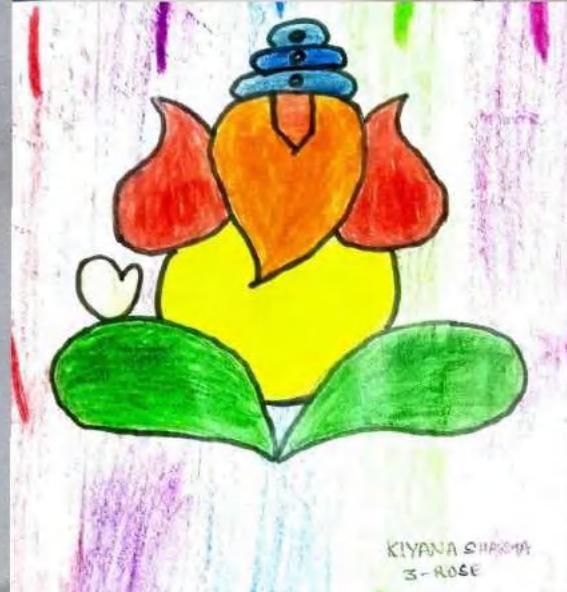
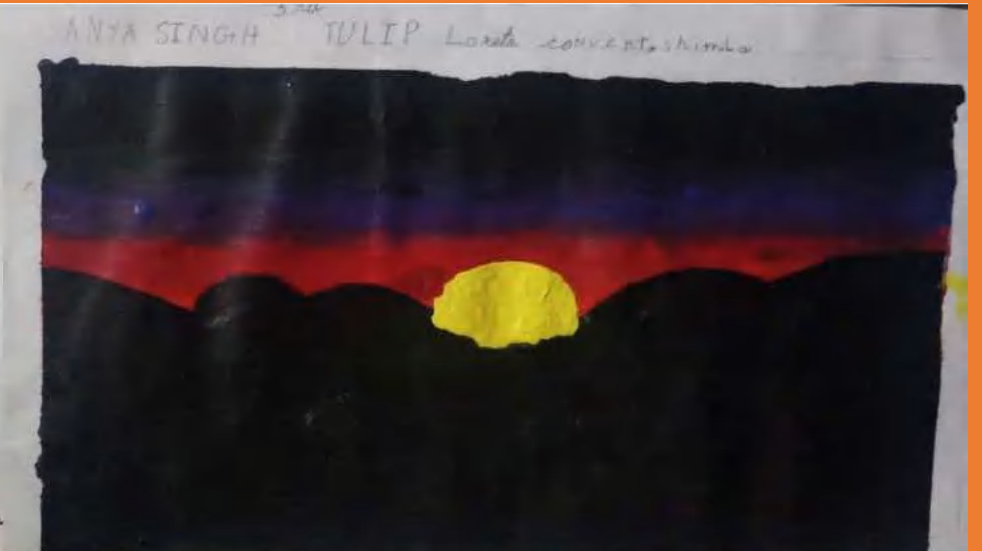
*“everything you imagine is real”*



*“art is a lie that makes us realize the truth”*



“art is an irreplaceable way of understanding and expressing the world”





“a true artist is not one who is inspired  
but one who inspires others”







शिमला: लॉरेटो कॉन्वेंट स्कूल तारा हॉल में आयोजित कार्यक्रम में डॉ. विजय और डॉ. राज कुमार का मंच भाग। भारतीय नौका परीक्षा और नौका सेवा अधिकाारी सर सुभाष ने कार्यक्रम में बतौर मुख्य अतिथि की लिए कार्यक्रम की शुभारंभ किया - विद्यार्थियों ने पहले। छात्रों ने पहले तक की प्रश्नोत्तियों के बाद परीक्षा शुरू की।

शिमला: लॉरेटो कॉन्वेंट स्कूल तारा हॉल में आयोजित किया गया 'दिवस' कार्यक्रम में डॉ. विजय और डॉ. राज कुमार का मंच भाग। कार्यक्रम में डॉ. विजय और डॉ. राज कुमार का मंच भाग। कार्यक्रम में डॉ. विजय और डॉ. राज कुमार का मंच भाग।

# कक्षा 12 की परीक्षा में फिर छाई लॉरेटो कॉन्वेंट तारा हॉल की बेटियां



आज दिनांक 21 नवंबर को केन्द्रीय पर्यटनिक शिक्षा बोर्ड (C.B.S.E) आई दिल्ली द्वारा कक्षा 12 का परीक्षा परिणाम घोषित किया गया जिसमें कि लॉरेटो कॉन्वेंट तारा हॉल की छात्राओं का परिणाम सर्वोच्च रहा परीक्षा में भाग लेने वाली सभी 140 छात्राओं का परीक्षा परिणाम सरासरीय रहा जिसके के दोस्तों संख्या के मैथिल संख्या से अधिकता तक 96.8%, मैथिल प्रश्नों 94.2%, तारीखी प्रश्नों 94.2%, मैथिल संख्या से अनुत्ती छात्रा 96.4%, कला संख्या से अनुत्ती छात्रा 96.4%, प्रतियोगी प्रश्नों 96%, सारीय प्रश्नों 94.2% प्रतियोगी प्रश्नों 96% प्रश्नों काके विद्यार्थियों का जमा प्रश्नों विद्यार्थियों के उत्कृष्ट परिणाम के लिए विद्यार्थियों की प्रशंसापत्रों ले छात्राओं तथा अध्यापकों को शुभकामनाएं दी।

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Event Junior School Sports Day 2022



A Model United Nations session was hosted for the students of Loreto Convent School, Tara Hall Shimla

## छात्राओं ने किया निपुणता व कार्यकुशलता का प्रदर्शन



शिमला, 29 अक्टूबर लॉरेटो स्कूल में आज समाजो (SUFW) प्रदर्शनी और व्यापार उत्सव (business fe) मंचा जिसमें छात्राओं की स्वतन्त्रता तथा तथा को मिला उपस्थितता के उपकरणों के माध्यम से नौजवाबों और उनके विद्यार्थियों का प्रदर्शन विद्यार्थियों, ऑनलाइन रॉबोट, विद्यार्थियों और छात्राओं के प्रदर्शन के लिए था. सर्वोपयोगी पत्रिका प्रबंधन, कक्षाई, पूनर्जीवनीकरण समझौता का उपयोग कर मोनवती तथा पत्रिका बनाकर छात्राओं ने अपनी कार्यकुशलता का प्रदर्शन किया। विभिन्न स्कूलों साथ शिक्षकों और माता-पिता भी इस उत्सव के स आयोजकों और छात्राओं को कड़ी मेहनत तथा

## लॉरेटो कॉन्वेंट ने मनाया वार्षिकोत्सव



लॉरेटो कॉन्वेंट तारा हॉल में मनाया जा रहा वार्षिकोत्सव। छात्राओं ने अपनी कार्यकुशलता का प्रदर्शन किया। विभिन्न स्कूलों साथ शिक्षकों और माता-पिता भी इस उत्सव के स आयोजकों और छात्राओं को कड़ी मेहनत तथा

## हमारा हमसफर



हमसफर कार्यक्रम में छात्राओं ने अपनी कार्यकुशलता का प्रदर्शन किया। विभिन्न स्कूलों साथ शिक्षकों और माता-पिता भी इस उत्सव के स आयोजकों और छात्राओं को कड़ी मेहनत तथा

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## हिम शिमला लाइव



हिम शिमला लाइव कार्यक्रम में छात्राओं ने अपनी कार्यकुशलता का प्रदर्शन किया। विभिन्न स्कूलों साथ शिक्षकों और माता-पिता भी इस उत्सव के स आयोजकों और छात्राओं को कड़ी मेहनत तथा

## हमारा हमसफर



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